

Danielle Swain aka MsDz

Journal

2018 – 2020

12/12/2017

Getting ready for the new year!!!

1/27/2018

I see a scattered mind with moments of still enlightenment. I see a relatively healthy body striving to stay alive.

1/29/18

What's the 'plan man'

It will not be as detailed as a 'UN Peace Plan'. This will be more like an idea or framework.

After my enlistment in the US Navy I spent a few weeks on the California beaches, and a month after that I hitchhiked across the USA and Flew out of Kennedy Airport to Paris France, traveled through Spain, trekked around Morocco North Africa almost half a year, came back to California and enrolled in college.

Not a lot of planning there, but lots of adventure. I did know I was going to fly to Paris. It was traveling on the cuff and seeing what comes up.

These days I plan a little more, over pack to make sure I have all I need. Still I find that I am often surprised as to what comes up that I am not prepared for. On small trips this can be pleasantly adventurous.

1/30/18

Let's continue.

It has been brought to my attention, by my sponsor (aka mentor), that I am in a phase of my recovery where I am contemplating, designing or planning to leave NA. That could be true. It rings a cord within me.

The best way I can form the words are this:

I want to see if I can "stand on my own two feet" without the use of NA.

This begs the question what do I mean by "stand on my own two feet"? To me it means can I properly exercise my self-control my will power within the principle of moderation without NA as a crutch or faith like God like power that will rescue me from my own self-destructive compulsions.

If it is true as my sponsor suggests, that I am planning to leave NA, without a pack-up plan and hence will wind up using narcotics and that it this is true that I best come up with a back-up plan.

So, here it is:

Life's structure; Yoga practice, two sessions (an hour each) a week. Daily concentration meditation practice 40 minutes along with intermittent meditation as needed. Daily self-analyses practice that includes free association; reflection on the day's trials and struggles and long-term trials and struggles. Regular, not necessarily daily online classes in photography and Khan academy covering Mathematics History and Grammar. Daily reading or listening to the writings of the world's great minds. Intermittent work in the antique business to occasionally supplement my income. Daily exercise my creativity within my art.

Home structure; maintain and keep my home in proper and functioning order.

Periodic, every three or four months, reviews on the subject of self-analysis with my psychiatrist, Chico.

I would like to maintain my relationship with my NA sponsor.

If I feel the urge I will go to an NA meeting.

If I fail and resume my narcotic destructive life I will pick up a white key tag and recommit to NA for another 10 years.

This is just a prospective outline plan and not a committed strategy. Also, it is open to amendment and restructuring.

There should be a way to "stand on my own two feet" without completely unplugging from my fellowship. I am more interested in finding that.

2/01/2018

Dear Chris

I appreciate your candid response to my email. I understand and respect your views thoughts and decision. I will address some of those.

As to control issues: I do think control is an important topic especially as to my behavior and the course of my life. I know that my need for control can reach over to others too. Over the years I have found that is futile and letting others behave the way they want and find their own course of life and accepting that is my best course of action. Do I struggle with that? Less and less over time. Do my control issues reach a level of 'a problem'? At times yes, I do have a willingness and strategy to examine those problems. As to the origin of my control issues, that is simple, they stem from the earliest interactions with my parents. Most of my life has been a struggle to deal with them or avoid them. Since the death of my parents I have found that struggle diminishing day by day year by year. NA has been a big part of that course.

As to decisions: I am not fully clear as to what your decision is. I do understand it, though part of that understanding is conjecture. As to my process of deciding, it is still in the 'assessing alternative resolutions' stage. This could be a means to not decide. I have been known to do that. I do not wish to have a 'non-decision' decision so I will have a decision by this evening at sponsorship support meeting.

There is sorrow here, also consolation that I cannot put in words.

Sincerely
Danielle

02/25/18

Kindness is more fulfilling than cruelty
Authenticity is more fulfilling than imitation

Fulfilling: Making someone satisfied or happy because of fully developing their character or abilities.

0/3/18

Peace of mind

Chris

My dear friend mentor and sponsor

Being a lover of science and theology, I find myself in a kind of no man's land between the two with questions neither can give me answers too. What is mind? Are my feelings thoughts and beliefs my own? Does the universe have a purpose? Or will it expand to its end with no intent? What is good? What is evil? Does my dog have buddha consciousness? These and other questions cannot be answered definitively by Science or theology. Proper science stays in the realm of what can be proved by experimentation in the physical world. Theology especially dogmatic theology offers simplistic answers, that stand on little or no ground, to these kinds of questions.

So, I stand here in no man's land sometimes lonely sometimes unsure, abandoning my hope and beliefs that are often based in fear in search for some meaningful truths. Here I have the study of philosophy, not answering the questions but helping me to form the questions. Helping me look at my beliefs to find their pedigree authenticity and value. Giving me a kind of confidence to let them go or to keep them or find new beliefs with a constant drive to improve tweak and investigate them further.

I see NA, both the program and the fellowship, as a kind of theology one I can love and be part of. I see some of the dogma that treats complicated questions with simplistic answers. I also see NA stretching its boundaries to cross the divide to science. I find that fascinating and uplifting. I am no 'true believer' I am a member. I may be on the edge at times and at times move closer in.

This is my way my path, always with questions. Working to stay calm respectful and thoughtful. Working to make those questions easier to understand, knowing there may never be answers that will satisfy my mind. Gratefully accepting the satisfaction of clarity.

Sincerely with fondest of affections
Danielle

03/31/2018

‘All is quiet on the western front.’

Like the movie, a mist of silence covers the field with a faint odor of mustard gas quieting the mind the body and the soul into a false sense of peace as the war rages on in the minds of generals and kings. Soon the cloud will thicken, and bodies will fall. Soon the ground will fill with blood feces and the reign of terror. Death will cry out its longing to be free.

04/02/2018

The murder of Archimedes, 212 BC, was the death of original thought.
Bertrand Russell

04/22/2018

The ringing in my ears is called ‘tinnitus’. That constant noise has been with me all my remembered life. From early childhood I have had ear problems followed by eardrums being lanced, drained and skin grafted.

Always in the background, with some relief now and then, this hi-pitched scraping or grinding like two giant plates moving infinitely across each other. Sanity on the edge I hold on to ‘dear life’ wondering if there is any value in it, any escape but death.

Could it be that this sirens song has led my life of constant running and feeling out of place? Is the constant feeling of no escape caused by a disorder of the ear compounded even more by a crazy mother? A mother who put her infant child in the hands of a medical science that poked and pierced an awoken child’s eardrum many numerous times. The vague memory is still with me. Could this be the real trauma that lead me down my path? My path, the search for relief and escape at any cost.

05/09/2018

The Case of 'Post-Modernist Philosophy'

https://en.wikipedia.org/wiki/Postmodern_philosophy#Precursors

Before the beginning:

Max Horkheimer and the 'Critical Theory'. Author of 'Eclipse of Reason'

Early beginnings:

Jean Baudrillard 1929-2007. Books: 'The System of Objects' 'For a Critique of the Political Economy of the Sign' 'The Consumer Society'

Jean-Francois Lyotard 1924-1998. Books: 'The Postmodern Condition: A Report on Knowledge'

Jacques Derrida 1930-2004. Books: 'Speech and Phenomena' 'Dissemination' 'The Post Card: From Socrates to Freud and Beyond' just to name a few.

Michel Foucault 1926-1984. Primary Thesis: 'Madness and Civilization: A history of insanity and the Age of Reason'

https://en.wikipedia.org/wiki/Thomas_Aquinas

Thomas Aquinas; a precursor to the Enlightenment. The 'Enlightenment' and precursor to the Postmodern.

05/10/2018

I find comfort in my art my studies and my meditation even when they are found troubling.

"Men are so simple and ready to obey present necessities that one who deceives will always find those who will allow themselves to be deceived."

Niccolo' Machiavelli

06/13/2018

She wakes with an off distant dream of chaos as her status in that world crumbles and all around her the mass of objects and beings crumble into wreckage and

malevolence. She lifts herself up touches her eyes removing the vision and makes the bed that birthed the dream.

Dressed in her morning garb mixing the coffee and cream as she has done seemingly forever, she moves to her meditation in the garden of this reality of awake.

With the sounds of Shakuhachi and Koto she sits breathes and sips her bitter sweet brew all around in a lush alive growing garden. The sun rises.

In her mind she wonders; will this too drift away and crumble like a dream?

7/6/2018

Last night's dream

I am shackled in a back kitchen of a, musky somewhat crowded, bar. The bar does not serve alcohol, rather they are serving chocolate. The smear of chocolate around the mouths of the partners, their manic quest for the black and brown bars of coco there is the sweet smell of bubbling hot amber chocolate. The police come in the bar, everyone lowers their heads to hide their faces. And there is the other me watching all this, deciding to do something to free me. The other me approaches the police and is blocked by customers and waters of the bar. The police leave. The other me runs out to the street screaming for help but the screams fall silent on the ears of a mindless maddening crowd. I ask for a cell phone. No response. I rip a cell phone from the hands of the first person I see with one. Nothing but static. I stop at a railing and look out over to the river next to the crowded street. The water is taking small and large boats up and down the river. I want to be on that river. On that river going somewhere I know not of. Then I wake up to my day.

8/28/2018

Back to the basics: Sound Video Photography. One platformer to represent my digital footprint; youtube:

<https://www.youtube.com/channel/UCwDxNyZ9tVGT50hMIpft2ag>

9/7/2018

A dream: Some number of nights ago

I was on a plane with Kathleen, not knowing my destination. A storm approached the airplane, turbulent thunder rocking up and down a flash of lightning struck. The plane plummeted through the dark clouds cashing to the ground.

I and most the passengers walked away from the flaming crushed plane. All around was in crumbles.

We had crashed just outside of a train tunnel, like the subway trains of New York or Chicago. All the surviving passengers walk into the tunnel towards the city beyond.

It is hard to explain how vivid and lucid the dream was. I thought to myself threw out the dream the I am dead or dreaming. Every step was with a sensation of reality.

As we reached to end of the tunnel it opened to an underworld hellish city reminiscent of Donta's Inferno without the daemons. Both the steamy summer night and the cold breath of winter morning.

The group of us dispersed within the crowd of dark shadows in raged clothing. The buildings seemed out of proportion with warped perspective. I was alone in a crowd of unrecognizable faces or sprites distant from humankind.

I tried to wake myself to find myself in my bed alive but to no end of the dream and me thinking I must really be dead.

I moved toward a larger body a cloaked being that all others seemed to move away from. I reached to the sleeve of his shroud but before my fingers touched the fabric he turned abruptly. His eyes! I backed away, slipped down on my back and he approached me. I knew I was dead, a dream was never this clear rich with color scintillating. I was dead and everything I thought or imagined about being dead rushed to me and this

was not any of that. I looked at this beast this devil, I let my eyes my rage reach the ferocity and redness of the beast before me. If I was dead but still conscious still with a soul or spirit, I would fight the horror before me. If this was hell, I would not be its slave willingly. The beast overpowered me with one blow. I rolled to my side and felt a crush to my ribs. Moving into a yoga child's pose, balling up, hands over my head still breathing the wretched blows to my back kept coming. Clearing my mind, letting my fear just come and move with my breath, I found myself whispered the Lord's Prayer. Not remembering all the words, I laughed. How worse could it get, even can't say a proper prayer. Was it hollow be hallowed be as ever it is in heaven, and the blows softened as I tripped over the words giggling at my own fault. The light grew brighter. The foot on my back became a child's foot, he playfully giggling too. I stood up, the child touched my hand and he ran off to play. A city like New York on a spring day was all around filled with smiling people going about their lives. I took a step and woke up. Sitting on the side of the bed with my feet over the edge I knew I was alive, and the day was going to be wonderful.

09/26/2018

Build a Future

The democrats created a short movie an ad, or as some may call it 'propaganda', using the mythology of the US constitution and using the "tricks of the trade" of movie making. Compelling emotional, Slick even. Something to rally the majority of Americans and the majority that voted democrat in the last presidential election that was won by a minority. To keep the faith. We the people live upon our beliefs

and many of Americans' core beliefs come from our Constitution and our Declaration of independence. Our founders formed this imperfect union through the thoughts ideas and beliefs of Aristotle Socrates Plato Cicero Augustine Aquinas Epicurus John Locke Immanuel Kant Thomas Hobbes Voltaire Machiavelli Francis Bacon David Hume Rene Descartes John Stuart Mill and many many more of the great thinkers of humankind. All this frames a powerful story of us, for us. Should I go back even further to The Code of Hammurabi? That too is part of our story.

Not so many years ago forces known, and unknown have been chipping away at Americas prime narrative, our story our mythology, for power or greed or influence or resentment or whatever. Efforts to change our story have been afoot, by design and by accident.

Democrats make a short movie, a small drop in a giant ocean of beliefs and mythology, in order to revive the faith of America's core ideals, and yes, with some pushback on other's beliefs. It is a commercial. A good one too, in comparison with all the billions of other commercials. The message is to build a future. It is not a message as to how it is going to get done. That will be up to us. Thanks Dr. Peterson for bringing it to my attention and thank you for your thoughtful critique.

10/02/2018

Dear Susie

The year begins its fourth quarter. For me, this year has passed very fast. It was a pleasure to see you last night, even if the shadow of disorder was following you. The dark shadow of chaos fallows many, putting you in with a crowd of millions if not billions. You are not alone; this fact may bring you no comfort.

I understand the desire to be free of this shadow at any cost. I understand it because I have been there many times throughout my life.

One of my standard maxims I use in NA is "hang on, it is going to be a bumpy ride".

The world, our cultures, our mythologies, our religions, provide us what a significant amount of thoughts, feelings, ideas, beliefs, desires, fears, and faiths. We have a vast selection of all this to bring us though or into,

just about any crises. Just about any crises, except that one undeniable un-faceable one, that we have few if any original thoughts, feelings, ideas, beliefs, desires, and faiths. We have no escape except into another prison. Authenticity is just a reshaping of things to an extent that they seem new. This may bring on an incredible depression that leads many to the final step, death. Suicide is just another gift given to us to ease our pain.

I choose to see all this as an illusion, I choose to descend into my body, letting all the thoughts, feelings, ideas, beliefs, desires, fears, and faiths, drift away until I ascend again into the world that I no longer take too seriously.

I live in America, USA. There is no death by starvation, I will never starve to death. Here in America it does not take much to keep a roof over my head. Here there is a level of care that can sustain me through old age. This, my society provides. It is this way throughout most of the world in the twenty-first century.

Most of my life's problems are in my head. The problems of my health, I can do some things about that, but most of those problems, as I grow older, will be turned over to others. As for the social, political, policy problems they are, for the most, out of my reach and best left to those more qualified. I vote, and on occasion express my support with money or showing up at a rally. I foster a social life in the flesh. I have a network of friends; I am part of a nuclear family consisting of my son my daughter-in-law and my grandchildren. I do not live with them, I live, not too far from them, in a modest home in the town of Marietta Georgia with a long-time friend. We share the cost of living. For the most, we keep to ourselves, but are there for each other when needed. In so many ways this is a good peaceful life.

10/19/18

To Hannah and Mathew

A simple gift

A moment in time

On the day of your newborn baby

With love and affection

10/23/18

Morning meditation was shorter than usual. Last night's meeting at 'Spiritual awakenings' was neither spiritual or awakening for me. Seeing a few friends and acquaintances was.

I have not seen or spoken to my sponsor in a time, not sure as to how much time, but longer then I desire. I call, leave message. He periodically chimes in on a sponsorship family text thread. Insufficient as a contact or interaction. I understand the concept of 'Life taking us away'. Still a resentment bubbles up, a thing in reality that has no meaning or presence.

These last many months I have been working a 'fourth step' that on completion is begging a 'fifth step'. This is not the most pressing thing within me.

Over the last many months my studies have led me to a reassessment of what is 'me' my identity, what is mind and where am 'I' in that mind. Maybe not a total reassessment, but also finding the words to express the nagging troubling presence of something behind the notion of my identity. All my thoughts, beliefs, feelings, and desires are in need of constant examination, and not taken seriously until a thorough examination. There is good reason for this. Many of these 'things' fluctuate and change at a whim, many if not all have been affected or injected by outside forces from the cradle to the grave. For now, it has become better and wiser, when asked "how are you doing?" to say "I am well" or some other assessment of the body if I am not well. Keeping it short is also wise. When asked "what is on your mind?" or "How are you feeling" or "what do you think?" it is wiser to lie. Few really want to know and what is on my mind, how I feel, or what I think changes faster than the words can come out of my mouth. What I think may be the most dependable 'thing' going on in my head but still that requires time short or long, to assess the quality, legitimacy, and authenticity of it. Few are

willing to wait the time. The key, when reacting to what is going on in and outside of my mind is; Question and examine everything and don't take it too seriously. It is our actions that define us, how others see us. Everything is ephemeral.

12/7/18

Dear Barbara

Enclosed are the photos of your dog. I also included two photos of you, one 'in meditation' and the other 'wild child'. I hope you enjoy them.

It is a pleasure for me to do this work, because it helps me with my photography skills and my artistic endeavors.

I sense there is so much more of people places and things, then we normally see and normally is projected. The complexity of everything is found in the blink of the eye, and so often missed or misinterpreted. I find, with my photography, I can capture a moment in time and occasionally capture a deeper almost hidden moment that reveals a part of life that is not often seen. I believe this is the artist's objective.

Thank you for all you do your art of yoga, your kindness and acceptance. You like many of us, are changing the world.

Sincerely and with much affection

Danielle

12/8/18

Find me if you can.

The message of obscurity

When the obvious is unclear, mysterious or hidden

When the mind is overloaded with insignificance and irrelevance

When distraction reaches hysteria, madness and insanity
The truth becomes a lie our stories become hallucinations

So, find me if you can
I lay beneath a sea of unfathomable gibber and meaningless sounds
Beneath an enigmatic amount of facts, figures and statistics
Details that have no shape no color only gray and dull

I hide to preserve my dignity my sanity
I hide because I fear the annihilation of rejection.
I hide because I will become another piece of data
I hide because I have no concrete existence

Find me if you can

12/12/18

This morning I found my way
Much like I do every morning
Alone in solitude

Insignificant in a field of morning light
The day begins with a breath of air
Reminding me that I am alive

12/13/18

This morning's meditation

The Guardians of the Gate

Seraphim heavenly beings

Stand like statues
Their movement invisible

Defenders of the door
Beyond is truth reality
Distant ephemeral unreachable

The Gateless Gate

We stand before the fence
Longing for Sincerity
Longing for actuality

The checkpoint of our life
The barrier of our fear
The obstacle only in our dreams

10:56

Sometimes a choice we make leads a life in a direction that might not be where we want to go. That choice made, that lead us here so compelling so driven, like a bird flying south for a winter, is inevitable.

01/30/19

I do this thing I do. I must do something, right? After the food is gotten the meal prepared and the place has been cleaned up, I still have a lot of time left over. So, I do this thing I do. One time I did this thing with the leftover sauce. I put the sauce in my mouth put my hand on the wall and blew the sauce out over my hand. There it was, something that looked like my hand, there, on the wall! All my friends and family saw it. Some of them said "You messed up the wall!" Others said, "that is so cool!" but everybody wanted to know how I did it and I told them, "I put the leftover sauce in my mouth and spit it out over my hand." Soon there where all sorts of hands over all sorts of walls. Later there where all sorts of shapes the hands

were making, kind of looking like animals. Later still there where leaves and flowers on the walls. Over time there where all kinds and colors of sauces that people where spitting out in all sorts of ways of spitting. Some people did not like to spit and put their fingers in the sauce rubbing them on the wall. We called it “spit and rub”. Long after we were dead and gone some other people found the old walls, and they cut out the rubs and spits. They took them to a long faraway place and put them up on their walls. They called it art.

02/01/19

Self-acceptance self-forgiveness in the presence of adverse childhood experiences and post traumatic syndrome.

Finding forgiveness and acceptance is different than finding permission. The path to forgiving and accepting oneself is preceded by the understanding of what permission means and understanding of the relationship with the perceived giver of permission whether it be oneself or an outside entity. Leading to a notion that the highest authority, in this matter, is oneself and with compaction, understanding of the nature of humankind, kindness and acceptance, in order to avoid becoming a tyrant, a narcissist, or sociopath.

02/10/19

“All my aspirations for fame glory and riches have been thwarted by life. My desires to be taken as a serious artist have failed. What am I doing wrong?”



The nature of reality

fear management

terror management theory

Sustain faith in a meaningful world view

Felling of being valuable protected member within this world view (self-esteem)

02/26/2019

Who, me? Must be a victim to deserve or be worthy, to be alive.

I cannot stand the blatancy and the evilness of reality. So, I withdraw to revives or make changes to see reality in my invention via perversion or fetishism or fixation or obsession or compulsion or mania or fascination or whatever. My Causa Sui project.

Object worship for the magical powers to inhabit my empty spirit/soul.

Causa Sui... look it up

Causa sui (Latin pronunciation: [kawsa soi], meaning "cause of itself" in Latin) denotes something which is generated within itself. This concept was central to the works of Baruch Spinoza, Sigmund Freud, Jean-Paul Sartre, and Ernest Becker, where it relates to the purpose that objects can assign to themselves.

It is also a genuine summer jamming band!!!

Loving mother turns into a drunken meth-head monster around the age of seven.

Father, a long time absentee in both presence and mind offers no protection or role model. (how often is that happening on this planet?)

I am living in the presence of zombies and monsters. The raging monster she-beast burst down my door pulling the sheets off my bed and wrenching my hand from my throbbing cock while the zombie sits in his chare, frozen flaccid flesh. On and on and on this went between periods of running and hiding in the cracks of time when the monster slept.

My empty soul, striving to be full, wanting a magic, put on the skin of the dead mother that the beast left behind, turning flesh into a doll, a submissive doll, willing to be desired to be 'forced castrated' and embody the new mother within my soul to cloth me in a fetish mask a talisman of my own body with magical powers to bring back a loving mother for the price of a cock. A doll a hermaphrodite tucked and strapped allowed only to ejaculate within the white dead lace skin and submit to castration, forced filmization and perversion.

Who the hell wants to look at that story? Who would not hide that in a deep hole and obliterate their life using large quantities of narcotics? Who in their right mind would be able to deal with that and not go psychotic or schizophrenic?

So, I ran. I paid a price. I made all an illusion; I made stories that were kind to me. I looked for a label more real than 'transvestite' I picked transsexual and over time made a doll into flesh again still haunted to this day still needing a kind of permission in old fantasies to have an orgasm. Only and rarely in dreams can I be free of that and still have an orgasm.

This is part of my story. There is shame and sadness in it. I am not the only one, regardless of the story, that carries lifelong shame and sadness.

We live in a tragic and demonic world. In this modern world; shame sadness drugs shopping and much more hide us from seeing it and or dealing with it. To see the world as it really is, is not easy and not for everyone. Stopping the use of mind-altering drugs is just a beginning. Over sixty years of suffering has made me a unique creature that stands in nature with some dignity and nobility. No longer completely driven no longer completely a reflex acting creature. No longer stamped out of someone else's mold. "Good only for dying" some say, and it has some truth to it.

Step 6

Character defects

 Condescending pity

05/06/2019

"The answers given to man's need for a system of orientation and an object of devotion differ widely both in content and in form. There are primitive systems such as animism and totemism in which natural objects or ancestors represent

answer to man's quest for meaning. There are nontheistic systems, such as Buddhism, which are usually called religions although in their original form there is no concept of God. There are purely philosophical systems such as Stoicism, and there are the monotheistic religious systems that give an answer to man's quest for meaning in reference to the concept of God.

But whatever their contents, they all respond to man's need to have not only some thought system but also an object of devotion that gives meaning to his existence and to his position in the world. Only the analysis of the various forms of religion can show which answers are better and which are worse solutions to man's quest for meaning and devotion, "better" or "worse" always considered from the standpoint of man's nature and his development.... A frame of orientation may be irrational or rational; yet only the rational can serve as a base for the growth and development of the total personality. Eventually, the sense of Identity can be based on primary ties with nature and clan, on adjustment to a group, or on the other hand, on the full, creative development of the person. Again, only in the latter case can man achieve a sense of joy and strength.

Eric Fromm

From the book "On Disobedience and Other Essays"

05/15/2019

Product v Service. I am a Product kind of person. I make it I create it I find it I set the price. If you want it we haggle over the price, then you take it or not. I am definitely not a service kind of person. I can handle the 'delivery' thing, but you are going to pay extra for delivery. That is the extent of my service. Don't ask me to clean it. Don't ask me to find or make something like it, don't ask me to change it in any way. If you insist and keep arguing with me, I will show you out the door. Self-employed since 1978. My temperament drove how I did it and how I made it all work. For the most, a career in 'Photography' is a service business. I am a retired Art and Antiques dealer. I have always been a 'photography' enthusiast. On occasion I sell prints of my work. I would never shoot a wedding or work for a client. I will take your picture if I like your face or I just like you, but I do it my way. A little side note; the big money came from real estate and inheritance.

05/17/2019

I exist within culture religion society institutions, a river in chaos. The best I can do is flail my limbs around and pray not to drown. Constantly reaching out attempting to grasp anything that, in hope, will release me from my torment only to

find what I grasp, for the most, is just another thing, another being in the chaos of it all with me like me, hoping for relief. On occasion, I am swept onto the shore, where I find some ground to stand on. I imagine it was me, with my own will, that landed me here. I glorify my strength, my ability, my intelligence and bask in the sun claiming my freedom and power, only to be swept away again into the chaos.

05/19/2019

Now and Then

The illusion of self, the illusion of mind and the illusion of everything else.
mirage, hallucination, apparition, phantasm, phantom, vision, specter, fantasy

The eye of Horus

a falcon, a lanner falcon a peregrine falcon. The right eye looks upon the sun god, Ra, symbolizing sacrifice, healing, restoration, and protection

Sharp and clear, still, just a representation of 'the reflection of light'. Light coming in us through the eye upside down and backwards mindfully shifted to express a meaning, to give the vision some relevance, some connection to the 'outside' to the facade that reflects who we are. All this to give some meaning to our existence within human awareness.

03/25/2019

Family Friends Colleagues Acquaintances

With kindness and acceptance these are the people we love the people we care about the people of our life.

2019 05 26

Relevant

Closely connected or appropriate to what is being done or considered.

Appropriate to the current time, period, or circumstances; of contemporary interest.

synonyms: pertinent, applicable, apposite, material, apropos, to the point, to the purpose, germane, admissible

Early 16th century (as a Scots legal term meaning ‘legally pertinent’): from medieval Latin relevant- ‘raising up’, from Latin relevare.

Relevance

Relevance is the concept of one topic being connected to another topic in a way that makes it useful to consider the second topic when considering the first. The concept of relevance is studied in many different fields, including cognitive sciences, logic, and library and information science.

www.ae.be/en/trends/human-relevance-in-a-digital-world

People still attach a great deal of importance to a few fundamental values:

By nature, people try to establish a rapport with other people, they want to be part of a community, ... This explains why social networks are so successful.

People also want to stay in control. While being flooded with information, we still ask ourselves whether we are consulting the right information to be able to make a decision.

Doing business is still a matter of trusting the other party, in the services they offer and in how they treat us. The reason Blockchain is so popular right now is exactly because it inspires trust within a decentralized network of people.

People also value their privacy; we want to be sure our data will not be abused. We want to be certain they will only be used within the context we have agreed to.

People are always on the lookout for solutions to make their lives easier. These solutions range from digital assistants to robots that perform certain tasks for us.

People also want to realize their potential. How can we improve ourselves to be able to keep our jobs in the future, taking into account that 40 to 80% of jobs as they exist today are under threat?

And finally, people also want to give meaning to their lives: what is my purpose in the digital world?

www.ae.be/en/trends/human-relevance-in-a-digital-world

Rapport

A close and harmonious relationship in which the people or groups concerned understand each other's feelings or ideas and communicate well.

synonyms: affinity, close/special relationship, (mutual) understanding, bond, empathy, harmony, sympathy, link, accord.

mid-17th century: French, from rapporter 'bring back'.

Wikie

Rapport is a close and harmonious relationship in which the people or groups concerned are "in sync" with each other, understand each other's feelings or ideas, and communicate smoothly.

The word stems from the old French verb rapporter which means literally to carry something back;[1][2] and, in the sense of how people relate to each other means that what one person sends out the other sends back. For example, they may realize that they share similar values, beliefs, knowledge, or behaviors around politics, music or sports.[3] This may also mean that the participants engage in reciprocal behaviors such as posture mirroring or in increased coordination in their verbal and nonverbal interactions.[4]

There are a number of techniques that are supposed to be beneficial in building rapport such as: matching your body language (i.e., posture, gesture, etc.);[4] indicating attentiveness through maintaining eye contact;[5] and matching tempo, terminology and breathing rhythm[citation needed]. In conversation, some verbal behaviors associated with increased rapport are the use of positivity (or, positive

"face management"), sharing personal information of gradually increasing intimacy (or, "self-disclosure"), and by referring to shared interests or experiences.[5]

Rapport has been shown to have benefits for psychotherapy and medicine,[6] negotiation,[7] and education,[8] among others. In each of these cases, the rapport between members of a dyad (e.g. a teacher and student or doctor and patient) allows the participants to coordinate their actions and establish a mutually beneficial working relationship, or what is often called a “working alliance”.[6]

Methods

Coordination

Coordination, also called "mirroring"[4] means getting into rhythm with another person or coordinating one's verbal or nonverbal behaviors.[9]

Emotional mirroring – Empathizing with someone's emotional state by being on 'their side'. You must apply the skill of being a good listener in this situation so as you can listen for key words and problems that arise when speaking with the person. This is so you can talk about these issues and question them to better your understanding of what they are saying and show your empathy towards them (Arnold, E and Boggs, josh. 2007).

Posture mirroring – Matching the tone of a person's body language not through direct imitation, as this can appear as mockery, but through mirroring the general message of their posture and energy.

Tone and tempo mirroring – Matching the tone, tempo, inflection, and volume of a person's voice.

Mutual attentiveness

Another way of building rapport is by each partner indicating their attentiveness to the other.[4] This attentiveness may take the form of nonverbal attentiveness, such as looking at the other person,[5] nodding at appropriate moments, or physical proximity, as seen in work on teachers' "immediacy" behaviors in the classroom.[8] This attentiveness might also be demonstrated through reciprocation of nonverbal behaviors like smiling or nodding, similar to the coordination[4] or in

the reciprocal sharing of personal details about the other person that signal one's knowledge and attentiveness to their needs.[5]

Commonality

Commonality is the technique of deliberately finding something in common with a person or a customer in order to build a sense of camaraderie and trust. This is done through references to shared interests, dislikes, and experiences.[10] By sharing personal details or self-disclosing personal preferences or information, interlocutors can build commonality, and thus increase rapport.[5]

Face management

Another way of building rapport is through what is often referred to as "positive face management",[11] but may also simply be called positivity. According to some psychologists,[11] we have a need to be seen in a positive light, known as our "face". By managing each other's "face", boosting it when necessary, or reducing negative impacts to it, we are able to build rapport with others.[11]

2019 05 31

I have a few questions about our take today. What is the line between a resentment towards authority and a desire to question authority? Is it having of an expectation? Is an expectation of authority to be honest truthful and mindful with its power, is that too much of an expectation?

I know, from a young age I felt that I was not going to be properly cared for and that I had to take care of myself. Was that expectation towards my parents, to be cared for, was that too much to ask for? I know the scars of you early years built up my self-reliance and independence to a degree that trusting others was of little use and isolation was a better place then figuring out how to interact with others honestly.

I will always question authority, challenge authority and debate authority, it is an essential part of my philosophy as it was from Greek philosophers to present day philosophers. But this is not the real discussion. The more pertinent discussion is my anger my grievance that I carry through life and arises often enough that it is troubling, when others exercise and attempt to dominate and fain authority with

their feeble will, and that reflects me and my feeble will showing the reality of my weakness. Then there is the grand superior mind of mine.

06/03/2019

Authority

1. The power or right to give orders, make decisions, and enforce obedience.
2. A person or organization having power or control in a particular, typically political or administrative, sphere.
3. The power to influence others, especially because of one's commanding manner or one's recognized knowledge about something.

Do I have a resentment against Authority?

The answer to that is yes and no. When a figure represented as a malevolent authority, real or imaginary, yes, I do build a resentment.

When a figure represented as a benevolent authority, real or imaginary, I am less likely to build a resentment.

The key to all this is the imaginary. When seeing people, institutions and social groups as they really are is hindered, assessment is often distorted. My background, my childhood experiences, has caused me difficulty in my assessment of authority. I am bias towards malevolent. It is a protective means. That bias is also the source of much isolation. Dealing with people, institutions and social groups as they really are, has been at the top of my “must do things” since I was in my early twenties. I have had much success and some setbacks in that regard.

The definition of words and ideas.

One of my best tools, in this regard, has been the dictionary. The dictionary gives me stability and longevity as to the meaning of words and ideas. On my own, given my own volition, there is nothing but chaos. Meanings and understanding changes so fast, to the point of no real meaning or understanding at all.

For the most, our lives are structured in a way that we are stuck, trapped. The only way to change it, significant change it is through chaos and destruction. The way of Buddha Zen Jesus, as to significantly changing our lives, is not available to most of us.

We have usefully been trained to be averse to chaos and rebelliousness.
we vicariously fulfill our needs to rebel through TV Movies Games Drugs and a
myriad of other dysfunctional behavior.

06/06/2019

Secular

Denoting attitudes, activities, or other things that have no religious or spiritual
basis.

Not subject to or bound by religious rule; not belonging to or living in a monastic
or other order.

Nonreligious, lay, nonchurch, temporal, worldly, earthly, profane; unsanctified,
unconsecrated, unhallowed.

Healthy relationships require emotion intellectual and spiritual depth.

06/14/2019

Morning meditation

Dreams of self-publishing photo book

Approach

1 lots of photos less text

2 lots of text less photos

Do the words tell the story or do the images tell the story?

In the dream choices are confusing, excessive, overwhelming. What is in love what
was loved and now out of favor? An image comes in then is out. Favors change
like the wind in both image and text.

When does the time comes to stop, accept and move on?

When is the time to accept the bartered child with all its flaws and let it run
amuck?

A moment of favor turns so fast to disgust. Very little meets my standards and to
lower my standers is despicable. I so often leave my loved ones behind, abandoned
and more than forgotten but despised. A reminder of my insufficiencies my
inadequacies.

7/2/2019

“After all those years as a woman hearing ‘not thin enough, not pretty enough, not smart enough, not this enough, not that enough,’ almost overnight I woke up one morning and thought, I am enough.” Anna Quindlen

It was not till the age of 68 that I became financially independent, not relying on anyone for my survival, no longer a sexual threat to anyone, no longer relevant, no longer hiding behind a cover of markup, no longer, tied and strapped in uncomfortable clothing, no longer speaking a voice that was not my own, no longer medicating my anxiety, that is where I found myself. I move on from here.

07/09/2019

Before being diagnosed with this that or the other thing, before the meds prescribed or selfie ingested, before thirteen ten eight or six years, you may know something or may see some kind of something real, too real, so real it knocks you out. Then the script comes down, not you but you distant in the back of your mind, a shadow. Now your high, cool medicated just enough to play your part successfully but almost dead and that something real becomes sum zero. Flesh and bones with no marrow. After a time of oblivion, a time of seeking a connection to some kind of meaning beyond that of a marionette begins. One starts to eventually look in. In that looking a hurricane will rise whirling ripping the pages of the scripts ripping the flesh off the bones and when looking, finding nothing but a chaotic tempest. Life becomes absurd suicide becomes rational.

7/11/19

In the silence of meditation, a wave may form slowly in the subconscious created by an earthquake in the unconscious. As this wave turns into a tsunami the silence begins to rough and every feeling thought idea begins to foam up. Up into the conscious, piercing ringing forceful in the mind's ear. Silence becomes a restless roaring shriek of all that is within you. Unimpaired inviolate perfect. Standing there it washes over the thing called you. The guardian at your gate is no more. As this tsunami subsides and if total destruction is not complete, the sight of the shore across the sea may be seen and if you are favored, you may see a figure standing far off on the other shore that resembles you.

7/14/19

From Atlanta through Memphis to Little Rock and back again

On the trip to Little Rock I took the backroads of north Georgia north Alabama and north Mississippi. An area of the Southern States without the East-West freeway. An area where cell connection is spotty, and bars are one or two. Also most industry has failed over the last twenty years, most that can have moved those that can't struggle with poverty, if not financially, it is poverty of hope poverty of relevance, poverty of anything to do poverty of spirit. There are a few mid-sized towns, Rockmart Piedmont Gadsden Moulton Florence Magerum Corinth Walnut Mt Peasant Collierville all on US-72 and US-278 Old farmer's routes to Atlanta or Memphis. Most of these towns have some kind of local or national industry that supports just a few people in these areas and keeping the towns afloat as the others shrivel up like a dead cotton fields where the stems stand shrunken and what cotton is left is useless. Old ghost towns still half striving to stay alive.

What is left are the Atlanta's the Nashville's Memphis Birmingham New Orleans and alike, all striving to keep their cell bars up to five. Letting the rest grow the new crop. The crop of irrelevancy that is fed to the marginalized and disenfranchised individuals with no bars on their phones. They tell their sad stories to themselves on those phones, so they don't look too much insane, and given a chance they run away to the Atlanta's the San Francisco's the New York's and other large cities, and live under their cardboard signs that say, "Homeless: Please help. God Bless" and they still are hardly seen. They are still only making a miniscule stipend of a salary.

07/17/2019

"I believe that what this president has done to our culture, to our civic discourse... you cannot unring these bells and you cannot unsay what he has said, and you cannot change that he has now in a very short time made it seem normal for schoolboy taunts and obvious lies to be spun out in a constant stream. I think this will do more lasting damage than Richard Nixon's surreptitious burglaries did." George Will, Long time conservative commentator, on Trump administration.

I express myself, best, through my photography. Over the last year and this year, I have found it difficult to express, how I feel and what I think about the social political atmosphere we are now living in, through my photography. I am unequipped and lacking in elegancy with my words to express my concerns and grievances with the current Presidential administration and current Congress. Even though I am a liberal Democrat I find little rhetoric on the left or the right that can represent me. Still, I look for a voice that represents my concerns either on the left or the right. Even though I may disagree with some ideas and policy, I sometimes find a voice that represents me on a political platform. I have no interest in arguing, name calling or divisiveness. I ask for no more than what I ask of myself, open-mindedness, willingness and acceptance.

8/16/19

Summer Retreats to Winter 2019

Future Photobook title.

8/17/19

Somewhere between pride and envy

Seeing her beauty, I desire
But she moves like a gazelle
Through the green forest trees
I hate the moment lost

My work is a labor of love for my family friends and acquaintances. If a stranger happens to stumble onto my work that is okay too.

8/23/19

The Amazon forest is burning out of control. Seems that its cause may be because of the policies of Brazil's authoritarian leader Jair Bolsonaro.

A Lifelong Dream:

To be a world nomad.

I started early, at the age of nineteen. It ended at twenty-three with a nefarious engagement with drug dealers, a political coup d'état, and attempted seaside.

8/25/19

There are seven holes in my head. They are used for; two for sight, smell, hearing and one for taste. There are three more in my body; two for the removal of waist and one for sexual reproduction and or pleasure. The male of the human species has two tracks that merge together giving the appearance of only one hole with two functions, the removal of liquid waist and the delivery of semen. And then there is skin that has the sensation of touch.

8/26/19 Monday

Morning meditation

Finding meaning or explanation seems to be an impossible task. Each gate each wall past only presents another barrier to be overcome. Standing at the shore of the river Sanzu I see my reflection looking back from the other shore. In my pocket there are six silver coins but there is no ferryman to be found.

8/27/19

Morning meditation

Yesterday I watched and listened to a YouTube video published on March 28, 2019 https://www.youtube.com/watch?v=wpGd5DZ_K5w; a discussion / debate at Emmanuel Centre London took place on November 19, 2018. The specific topic: “The Battle Over Free Speech: Are trigger warnings, safe spaces and no platforming, harming young minds?” The general topic: “Why are universities introducing measures to protect students from speech and texts that they might find harmful? Safe spaces, trigger warnings and no-platforming are now campus buzzwords. Are they all designed to limit or foster free speech and the exchange of ideas?”

The debaters:

The affirmative side

Jonathan Haidt; Lays out the claim.

University students are increasingly retreating from ideas they fear may damage their mental health and presenting themselves as fragile and in need of protection from any viewpoint that might make them feel unsafe. The culture of safety may be well intentioned, but it is hampering the development of young people and leaving them unprepared for adult life, with devastating consequences for them, for the companies that will soon hire them, and for society at large.

Rabbi Jonathan Sacks; supports the claim with the idea that educating young people through debate and argument helps foster robustness.

The negative side

Eleanor Penny; student activist

Kehinde Andrews; sociologist and one of UK’s leading thinkers on race and the history of racism

Argue, that the claim is an infuriating misinterpretation of initiatives designed to help students. Far from wanting to shut down free speech and debate, what really concerns the advocates of these new measures is the equal right to speech in a public forum where the voices of the historically marginalized are given the same weight as those of more privileged groups. Warnings to students that what they’re about to read or hear might be disturbing are not an attempt to censor classic literature, but a call for consideration and sensitivity. Safe spaces aren’t cotton-wool wrapped echo chambers, but places where minority groups and people who have suffered trauma can share their experiences without fear of hostility.

Why is this debate / discussion important? I think it is important because it gives clarity to the device from one century to another. The divide between the G.I. Generation and Generation Z. It gives me sight of things to come.

Good debates are lively and civil, better debates also strive to come to a meeting of the minds. This was one of the better debates.

Debates are won or lost based on the audience's acceptance of the claim or not. But this debate goes way beyond the audience in the auditorium. This debate is being held in many venues and in many places. The outcome is one of those "things to come".

One of my thoughts: Gen Z is young and robust. They can attract and influence generations that came before them. They have a better than good chance of winning.

I am right in the middle of it all, born 1950. My goal is to make it to 2050 or there about. As George Carlen put it; "I was Born in the USA, I have front row seat ticket to the show".

09/02/2019

Like the Geishas who cover their mirrors for the shame and pride of their beauty, I cover my mirror to the world.

"There is no expedient to which a man will not resort to avoid the real labor of thinking."

— Sir Joshua Reynolds

Absolute Objectivity

We shy away from the word eternal; ecstasy of a non-temporal state in which present past and future are one. Everything that happens in time has been brought together in a concrete whole. Nothing is distributed over time, nothing could be measured by temporal concepts.

The experience might best be defined as a state of feeling but one that can't be produced by imagination. How can I imagen that I exist simultaneously the day before yesterday, today, and the day after tomorrow. There would be things that have not begun, other things that would be indubitably present, and others again

which would already be finished and yet all this would be one. The only thing that feeling could grasped would be a sun, an iridescent whole containing all at once expectation of a beginning, surprise as to what is happening, and satisfaction or disappointment with the result of what happened. One is interwoven into an indescribable whole and yet observes it with complete objectivity.

From 'Memories Dreams Reflections'

By Carl Jung

Diversity is a noun, it is a mix of many people, diverse types of people. Diversity is the who.

Inclusion on the other hand is a verb, it is the act or state of including a mix of people. Inclusion is the how, the strategies and behaviors that create, welcome and embrace diversity.

“Diversity is being asked to the party; Inclusion is being asked to dance.”

– Verna Myers

With an inclusive culture comes diversity, innovation, collaboration, engagement and productivity.

Simone de Beauvoir 'The Second Sex

"One is not born, but rather becomes, woman."

a commitment to an environment of transgender-inclusivity in these feminist circles. Or at least diversity.

The American Psychological Association defines “transgender” as “an umbrella term for persons whose gender identity, gender expression, or behavior does not conform to that typically associated with the sex they were assigned at birth. The APA goes on to define gender identity as a “person’s internal sense of being male, female, or something else”, and gender expression as “the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice, or body characteristics.

3 of the most common experiences of daily life

Failure of self-control

Mental intrusions

The difficulty of winning an argument

09/3/2019

This morning's meditation

Again: because it is significant to me and still on my mind

Simone de Beauvoir 'The Second Sex

"One is not born, but rather becomes, woman."

A commitment to an environment of transgender-inclusivity in these feminist circles. Or at least diversity.

Gender Identity definition' according to APA 'The American Psychological Association':

Internal sense of being; male, female, or something else and expression; the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice, or body characteristics.

My sense of being is female

My expression is androgens

This is just the way it is; I have no choice in the matter. I can make up many stories or beliefs to support myself to excuse myself to myself and others, but that is all it is, made up things. My final conclusion is that this is biological, neurological sociological and a smidgen of self-will. I had better deal with it as best I can.

It has never been easy to be self-accepting. Not until I found a way to stop my drug addiction, did I find a way to self-accept. I am grateful to NA and recovery for that. Also, through recovery, I found a way to stop telling stories to myself, to stop beliefs that only hid the truth.

9/12/2019

It is up to each of us to double check what we believe. With a lack of desire or the inability to check ourselves we walk with blinders on.

9/17/2019

I believe in many things.

At the top of that list is:

Everything changes.

I tend to embrace that belief and within that understand that my beliefs will also change. I would like to think that I am openminded to change, with the knowledge that I fear change, that change can be terrifying and basically, there is very little I can do but accept.

I believe in “graduating” completing one’s studies projects or ventures.

I believe in being and staying connected to the people and institutions I care about.

Often these two can be in conflict in both the exterior and the interior. It is easier to deal with the exterior, for there is very little I can do about that rationally. It is in the interior where I struggle the most. When it is a time to move to make a change in my life I struggle. I will not, here, go into the dysfunctionality of those struggles but better to say, letting myself find some distance to change and yet still be kind generous and caring for the people in my life that I am distancing myself from.

9/25/19

Meditation is a practice that often leads to self-examination. Self-examination is not for everyone especially those that are rooted deeply in their belief’s ideas and thoughts. In Shunryu Suzuki’s book ‘Zen Mind, Beginner’s Mind’ he cautions about some of the effects of practicing meditation and offers some good advice on the subject. Ernest Becker author of ‘The Denial of Death’ has much to say about self-examination and insanity when our long-held beliefs are challenged. Alan Watts 1960’s philosopher who interpreted and popularized Eastern philosophy for the Western audience, in later life, moved away from the movement. Paraphrasing in 1971 “the single track of conscious attention was wholly inadequate for interactions with a multi-tracked world.” So, is it the meditation or is it the self that is causing the problem? For me meditation is a tool. A tool if used improperly can cut off a finger or a head.

10/10/19

Texas congressman Charlie Wilson's covert dealings in Afghanistan, that became American Foreign Policy 1979-1989, where efforts to assist rebels in their war with the Soviets and had some unforeseen and long-reaching effects. When the rebel forces were abandoned by American foreign policy in 1998, that paved the pathway for the Taliban's existence, strength and resentment towards USA.

10/13/19

I recently finished the 'Country Music' documentary series by Ken Burns. Many of the interviews and filming came out of Nashville the heart of Country Music. I mention this because there was much discussion about the business of music and the art of music and the struggle in between the two.

11/06/19

The history of mankind
cognitive revolution 60K - 70k years ago

agricultural revolution 9K - 12K years ago

Scientific revolution 1600-AD - present day

To change society is to convince others to change there:
Imagined reality, imagined order, imagined desires, imagined beliefs.

Differences between:

Objective

Something that exists independently of human consciousness and beliefs.

Subjective

Something that exists depending on the consciousness and beliefs of a single individual. It disappears or changes if that individual changes his or her beliefs.

Inter-subjective

Something that exists within the communication network that links subjective consciousness of many individuals. If a single individual changes his or her beliefs or dies it is of little importance. However, if most individuals in the network die or change here beliefs then the inter-subjective phenomenon will mutate and change or completely disappear.

Food; imagined order; and storage and processing of information like monotonous mathematical data aka numbers

These are essential for building a city a Kingdome empires or nations.

Ideology = religion

Humanism

1) An outlook or system of thought attaching prime importance to human rather than divine or supernatural matters. Humanist beliefs stress the potential value and goodness of human beings, emphasize common human needs, and seek solely rational ways of solving human problems.

2) a Renaissance cultural movement that turned away from medieval scholasticism and revived interest in ancient Greek and Roman thought.

noun: Humanism

3) (among some contemporary writers) a system of thought criticized as being centered on the notion of the rational, autonomous self and ignoring the unintegrated and conditioned nature of the individual.

Happiness:

Subjective well-being

I feel it inside myself

A sense of either immediate pleasure

or

Long-term contentment with the way my life is going

Aristotle's Eudaimonia means 'doing and living well'.

Global existential threats that no one nation can solve on its own

Nuclear war

Clemt change

Technological disruption

reading assignments

Guns Germs and Steel by Jared Diamond

The Code of Hammurabi: <http://avalon.law.yale.edu/ancient/hamframe.asp>

Federico Fellini: 10 essential films (according to some critics)

I vitelloni (1953)

La strada (1954)

Nights of Cabiria (1957)

La dolce vita (1960)

8½ (1963)

Juliet of the Spirits (1965)

Fellini's Roma (1972)

Amarcord (1973)

City of Women (1980)

And the Ship Sails On (1983)

Another great Italian movie

Cinema Paradiso (1988)

By: Ennio Morricone

what is needed for a stable life?

Friends

intimate relation

Carrere / Productive with time

Schedule / routine

regulate use of drugs / alcohol

family / children

11/13/2019

My mother thought the worst thing a person could do is lie.

Early this week I had a short discussion aka debate with a friend about lying. The discussion was about a couple, we both know, that are in the process of getting a divorce.

All parties are in a twelve-step recovery group. He did not relapse, she did, but came back to the recovery group soon after the relapse. The claim of my friend, paraphrased in order not to be accused of lying, was that, all drug users and newly recovered users are liars. Hence the plaintiff's, his, story of the 'divorce' has more credibility than the petitioner's, her, story. My rebuttal was; lying is pervasive throughout society and long-term recovering addicts can lie just as well as using addicts. Since this was more of a discussion than a debate my friend and I decided not to go deep into the topic.

After the discussion, over the last few days the idea about lying, about drug addicts being compulsive liars or not or are they no different than the rest of society, I decided to gather up some facts and other's thoughts about lying, to see if I could muster up a good case on the subject of lies and lying.

There has been much said about lying and there is so much more to be said. First stop is Merriam Webster's Collegiate Dictionary and then Wikipedia.

lie verb (2)

\ 'lī \

lied; lying \ 'lī-ɪŋ \

Definition of lie (Entry 3 of 6)

intransitive verb

1: to make an untrue statement with intent to deceive

She was lying when she said she didn't break the vase.

He lied about his past experience.

2: to create a false or misleading impression

Statistics sometimes lie.

The mirror never lies.

transitive verb

: to bring about by telling lies

He lied his way out of trouble.

lie noun (2)

\ 'lī \

Definition of lie (Entry 4 of 6)

1a: an assertion of something known or believed by the speaker or writer to be untrue with intent to deceive

He told a lie to avoid punishment.

b: an untrue or inaccurate statement that may or may not be believed true by the speaker or writer

the lies we tell ourselves to feel better

historical records containing numerous lies

2: something that misleads or deceives

His show of remorse was a lie.

3: a charge of lying (see LIE entry 3)

From Wikipedia *I will underline, what I think are, significant parts*

A lie is an assertion that is believed to be false, typically used with the purpose of deceiving someone. The practice of communicating lies is called lying. A person who communicates a lie may be termed a liar. Lies may serve a variety of instrumental, interpersonal, or psychological functions for the individuals who use them. Generally, the term "lie" carries a negative connotation, and depending on the context a person who communicates a lie may be subject to social, legal, religious, or criminal sanctions.

The lie is A linguistic universal, a pattern that occurs systematically across natural languages, potentially true for all of them. For example, all languages have nouns and verbs, or If a language is spoken, it has consonants and vowels. Research in this area of linguistics is closely tied to the study of linguistic typology, and intends to reveal generalizations across languages, likely tied to cognition, perception, or other abilities of the mind. The field was largely pioneered by the linguist Joseph Greenberg, who derived a set of forty-five basic universals, mostly dealing with syntax, from a study of some thirty languages.

Types: There appears to be no comprehensive and scholarly taxonomy of lies even though, or perhaps because, lies are a linguistic universal. As a corollary it has also

been posited that another linguistic universal is that there is no sentence or story that cannot be interpreted as a lie. The proof is to preface the sentence or story with the phrase "it is a lie that" and follow that with a made up, but verifiable, explanation of why that sentence or story is a lie. This can be convincingly done in any natural language.

A barefaced (or bald-faced) lie is one that is obviously a lie to those hearing it. "Bold-faced lie" can also refer to misleading or inaccurate newspaper headlines, but this usage appears to be a more recent appropriation of the term.

A big lie is one that attempts to trick the victim into believing something major, which will likely be contradicted by some information the victim already possesses, or by their common sense. When the lie is of sufficient magnitude it may succeed, due to the victim's reluctance to believe that an untruth on such a grand scale would indeed be concocted.

A black lie is what is known as a lie. It is an anti-social behavior where the liar benefits from deceiving and the listener or some other group is hurt. These are most often referred to as 'high stakes' lies in research. When these serious lies are strategic and impact trust in relationships they may be devastating and end ties; these have been referred to as gravitas lies. (See "blue lie" and "white lie" below).

A blue lie is assessed by some as between a white lie and a black lie; as such, it is simultaneously an example of pro-social and anti-social behavior. A blue lie is intended to help one's group, thus pro-social; but it does so by damaging others through deceit, thus anti-social. The color blue is said to be a reference to its purported use by police. (See "black lie" above and "white lie" below).

To bluff is to pretend to have a capability or intention one does not possess. Bluffing is an act of deception that is rarely seen as immoral when it takes place in the context of a game, such as poker, where this kind of deception is consented to in advance by the players. For instance, gamblers who deceive other players into thinking they have different cards to those they really hold, or athletes who hint they will move left and then dodges right is not considered to be lying (also known as a feint or juke). In these situations, deception is acceptable and is commonly expected as a tactic.

Bullshit does not necessarily have to be a complete fabrication. While a lie is related by a speaker who believes what is said is false, bullshit is offered by a speaker who does not care whether what is said is true because the speaker is more concerned with giving the hearer some impression. Thus, bullshit may be either true or false, but demonstrates a lack of concern for the truth that is likely to lead to falsehoods.

A cover-up may be used to deny, defend, or obfuscate a lie, errors, embarrassing actions, or lifestyle, and/or lie(s) made previously. One may deny a lie made on a previous occasion, or alternatively, one may claim that a previous lie was not as egregious as it was. For example, to claim that a premeditated lie was really "only" an emergency lie, or to claim that a self-serving lie was really "only" a white lie or noble lie. This should not be confused with confirmation bias in which the deceiver is deceiving themselves.

Defamation is the communication of a false statement that harms the reputation of an individual person, business, product, group, government, religion, or nation.

To deflect is to avoid the subject that the lie is about, not giving attention to the lie. When attention is given to the subject the lie is based around, deflectors ignore or refuse to respond. Skillful deflectors are passive-aggressive, who when confronted with the subject choose to ignore and not respond.

Disinformation is intentionally false or misleading information that is spread in a calculated way to deceive target audiences.

An exaggeration occurs when the most fundamental aspects of a statement are true, but only to a certain degree. It also is seen as "stretching the truth" or making something appear more powerful, meaningful, or real than it is. Saying that someone devoured most of something when they only ate half would be considered an exaggeration. An exaggeration might be easily found to be a hyperbole where a person's statement (i.e. in informal speech, such as "He did this one million times already!") is meant not to be understood literally.

Fake news is supposed to be a type of yellow journalism that consists of deliberate misinformation or hoaxes spread via traditional print and broadcast news media or

online social media. Sometimes the term is applied as a deceptive device to deflect attention from uncomfortable truths and facts, however.

A fib is a lie that is easy to forgive due to its subject being a trivial matter; for example, a child may tell a fib by claiming that the family dog broke a household vase, when the child was the one who broke it.

Fraud refers to the act of inducing another person or people to believe a lie in order to secure material or financial gain for the liar. Depending on the context, fraud may subject the liar to civil or criminal penalties.

A half-truth is a deceptive statement that includes some element of truth. The statement might be partly true, the statement may be totally true, but only part of the whole truth, or it may employ some deceptive element, such as improper punctuation or double meaning, especially if the intent is to deceive, evade, blame, or misrepresent the truth.

An honest lie (or confabulation) may be identified by verbal statements or actions that inaccurately describe the history, background, and present situations. There is generally no intent to misinform and the individual is unaware that their information is false. Because of this, it is not technically a lie at all since, by definition, there must be an intent to deceive for the statement to be considered a lie.

Jocose lies are lies meant in jest, intended to be understood as such by all present parties. Teasing and irony are examples. A more elaborate instance is seen in some storytelling traditions, where the storyteller's insistence that the story is the absolute truth, despite all evidence to the contrary (i.e., tall tale), is considered humorous. There is debate about whether these are "real" lies, and different philosophers hold different views. The Crick Crack Club in London arranges a yearly "Grand Lying Contest" with the winner being awarded the coveted "Hodja Cup" (named for the Mulla Nasreddin: "The truth is something I have never spoken."). The winner in 2010 was Hugh Lupton. In the United States, the Burlington Liars' Club awards an annual title to the "World Champion Liar."

Lie-to-children is a phrase that describes a simplified explanation of technical or complex subjects as a teaching method for children and laypeople. While lies-to-

children are useful in teaching complex subjects to people who are new to the concepts discussed, they can promote the creation of misconceptions among the people who listen to them. The phrase has been incorporated by academics within the fields of biology, evolution, bioinformatics, and the social sciences. Media use of the term has extended to publications including The Conversation and Forbes.

Lying by omission, also known as a continuing misrepresentation or quote mining, occurs when an important fact is left out in order to foster a misconception. Lying by omission includes the failure to correct pre-existing misconceptions. For example, when the seller of a car declares it has been serviced regularly but does not mention that a fault was reported during the last service, the seller lies by omission. It may be compared to dissimulation. An omission is when a person tells most of the truth, but leaves out a few key facts that, therefore, completely obscures the truth.

Lying in trade occurs when the seller of a product or service may advertise untrue facts about the product or service in order to gain sales, especially by competitive advantage. Many countries and states have enacted consumer protection laws intended to combat such fraud.

A memory hole is a mechanism for the alteration or disappearance of inconvenient or embarrassing documents, photographs, transcripts, or other records, such as from a website or other archive, particularly as part of an attempt to give the impression that something never happened.

Minimization is the opposite of exaggeration. It is a type of deception involving denial coupled with rationalization in situations where complete denial is implausible.

A noble lie, which also could be called a strategic untruth, is one that normally would cause discord if uncovered, but offers some benefit to the liar and assists in an orderly society, therefore, potentially being beneficial to others. It is often told to maintain law, order, and safety.

In psychiatry, pathological lying (also called compulsive lying, pseudologia fantastica, and mythomania) is a behavior of habitual or compulsive lying. It was first described in the medical literature in 1891 by Anton Delbrueck. Although it is

a controversial topic, pathological lying has been defined as "falsification entirely disproportionate to any discernible end in view, may be extensive and very complicated, and may manifest over a period of years or even a lifetime". The individual may be aware they are lying, or may believe they are telling the truth, being unaware that they are relating fantasies.

Perjury is the act of lying or making verifiably false statements on a material matter under oath or affirmation in a court of law, or in any of various sworn statements in writing. Perjury is a crime, because the witness has sworn to tell the truth and, for the credibility of the court to remain intact, witness testimony must be relied on as truthful.

A polite lie is a lie that a politeness standard requires, and that usually is known to be untrue by both parties. Whether such lies are acceptable is heavily dependent on culture. A common polite lie in international etiquette may be to decline invitations because of "scheduling difficulties". Similarly, the butler lie is a small lie that usually is sent electronically and is used to terminate conversations or to save face.

Puffery is an exaggerated claim typically found in advertising and publicity announcements, such as "the highest quality at the lowest price", or "always votes in the best interest of all the people". Such statements are unlikely to be true – but cannot be proven false and so, do not violate trade laws, especially as the consumer is expected to be able to determine that it is not the absolute truth.

The phrase "speaking with a forked tongue" means to deliberately say one thing and mean another or, to be hypocritical, or act in a duplicitous manner. This phrase was adopted by Americans around the time of the Revolution, and may be found in abundant references from the early nineteenth century – often reporting on American officers who sought to convince the Indigenous peoples of the Americas with whom they negotiated that they "spoke with a straight and not with a forked tongue" (as for example, President Andrew Jackson told members of the Creek Nation in 1829). According to one 1859 account, the proverb that the "white man spoke with a forked tongue" originated in the 1690s, in the descriptions by the indigenous peoples of French colonials in America inviting members of the Iroquois Confederacy to attend a peace conference, but when the Iroquois arrived, the French had set an ambush and proceeded to slaughter and capture the Iroquois.

A weasel word is an informal term for words and phrases aimed at creating an impression that a specific or meaningful statement has been made, when in fact only a vague or ambiguous claim has been communicated, enabling the specific meaning to be denied if the statement is challenged. A more formal term is equivocation.

A white lie is a minor lie which could be considered harmless, or even beneficial, in the long term. A white lie also is considered a lie to be used for greater good (pro-social behavior). It sometimes is used to shield someone from a hurtful or emotionally damaging truth, especially when not knowing the truth is deemed by the liar as completely harmless. (See "black lie" and "blue lie" above).

Consequences:

Once a lie has been told, there can be two alternative consequences: it may be discovered or remain undiscovered. Under some circumstances, discovery of a lie may discredit other statements by the same speaker and may lead to social or legal sanctions against the speaker, such as ostracizing or conviction for perjury. When a lie is discovered, the state of mind and behavior of the liar is no longer predictable.

Hannah Arendt spoke about extraordinary cases in which an entire society is being lied to consistently. She said that the consequences of such lying are "not that you believe the lies, but rather that nobody believes anything any longer. This is because lies, by their very nature, have to be changed, and a lying government has constantly to rewrite its own history. On the receiving end you get not only one lie—a lie which you could go on for the rest of your days—but you get a great number of lies, depending on how the political wind blows."

Detection:

The question of whether lies can be detected reliably through nonverbal means is a subject of some controversy.

Polygraph "lie detector" machines measure the physiological stress a subject endures in a number of measures while giving statements or answering questions. Spikes in stress indicators are purported to reveal lying. The accuracy of this method is widely disputed. In several well-known cases, application of the technique was proven to have been deceived. Nonetheless, it remains in use in many areas, primarily as a method for eliciting confessions or employment

screening. The unreliability of polygraph results are the basis of such evaluations not being admissible as court evidence and, generally, the technique is perceived to be pseudoscience.

A recent study found that composing a lie takes longer than telling the truth and thus, the time taken to answer a question may be used as a method of lie detection,[34] however, it also has been shown that instant answers with a lie may be proof of a prepared lie. A recommendation provided to resolve that contradiction is to try to surprise the subject and find a midway answer, not too quick, nor too long.

Ethics:

Aristotle believed no general rule on lying was possible, because anyone who advocated lying could never be believed, he said. Although the philosophers, St. Augustine, St. Thomas Aquinas, and Immanuel Kant, condemned all lying, Thomas Aquinas did advance an argument for lying, however. According to all three, there are no circumstances in which, ethically, one may lie. Even if the only way to protect oneself is to lie, it is never ethically permissible to lie even in the face of murder, torture, or any other hardship. Each of these philosophers gave several arguments for the ethical basis against lying, all compatible with each other. Among the more important arguments are:

Lying is a perversion of the natural faculty of speech, the natural end of which is to communicate the thoughts of the speaker.

When one lies, one undermines trust in society.

Meanwhile, utilitarian philosophers have supported lies that achieve good outcomes – white lies. In his 2008 book, *How to Make Good Decisions and Be Right All the Time*, Iain King suggested a credible rule on lying was possible, and he defined it as: "Deceive only if you can change behavior in a way worth more than the trust you would lose, were the deception discovered (whether the deception actually is exposed or not)."

In *Lying*, neuroscientist Sam Harris argues that lying is negative for the liar and the person who's being lied to. To say; lies are to deny others access to reality, and often we cannot anticipate how harmful lies can be. The ones we lie to may fail to solve problems they could have solved only on a basis of good information. To lie also harms oneself, makes the liar distrust the person who's being lied to. Liars generally feel badly about their lies and sense a loss of sincerity, authenticity, and

integrity. Harris asserts that honesty allows one to have deeper relationships and to bring all dysfunction in one's life to the surface.

In *Human, All Too Human*, philosopher Friedrich Nietzsche suggested that those who refrain from lying may do so only because of the difficulty involved in maintaining lies. This is consistent with his general philosophy that divides (or ranks) people according to strength and ability; thus, some people tell the truth only out of weakness.

In other species:

Possession of the capacity to lie among non-humans has been asserted during language studies with great apes. In one instance, the gorilla Koko, when asked who tore a sink from the wall, pointed to one of her handlers and then laughed.

Deceptive body language, such as feints that mislead as to the intended direction of attack or flight, is observed in many species. A mother bird deceives when she pretends to have a broken wing to divert the attention of a perceived predator – including unwitting humans – from the eggs in her nest, instead to her, as she draws the predator away from the location of the nest, most notably a trait of the killdeer.

Religious Perspectives:

In the Bible: The Old Testament and New Testament of the Bible both contain statements that God cannot lie and that lying is immoral (Num. 23:19, Hab. 2:3, Heb. 6:13–18). Nevertheless, there are examples of God deliberately causing enemies to become disorientated and confused, in order to provide victory (2 Thess. 2:11; 1 Kings 22:23; Ezek. 14:9).

Various passages of the Bible feature exchanges that assert lying is immoral and wrong (Prov. 6:16–19; Ps. 5:6), (Lev. 19:11; Prov. 14:5; Prov. 30:6; Zeph. 3:13), (Isa. 28:15; Dan. 11:27), most famously, in the Ten Commandments: "Thou shalt not bear false witness" (Ex. 20:2–17; Deut. 5:6–21); Ex. 23:1; Matt. 19:18; Mark 10:19; Luke 18:20 a specific reference to perjury.

Other passages feature descriptive (not prescriptive) exchanges where lying was committed in extreme circumstances involving life and death, however, most Christian philosophers would argue that lying is never acceptable, but that even

those who are righteous in God's eyes sin sometimes. Old Testament accounts of lying include:

The midwives lied about their inability to kill the Israelite children. (Ex. 1:15–21).

Rahab lied to the king of Jericho about hiding the Hebrew spies (Josh. 2:4–5) and was not killed with those who were disobedient because of her faith (Heb. 11:31).

Abraham instructed his wife, Sarah, to mislead the Egyptians and say that she is his sister (Gen. 12:10). Abraham's story was strictly true – Sarah was his half-sister – but intentionally misleading because it was designed to lead the Egyptians to believe that Sarah was not Abraham's wife for Abraham feared that they would kill him in order to take her, for she was very beautiful.

In the New Testament, Jesus refers to the Devil as the father of lies (John 8:44) and Paul commands Christians "Do not lie to one another" (Col. 3:9; cf. Lev. 19:11). In the Day of Judgement, unrepentant liars will be punished in the lake of fire. (Rev. 21:8; 21:27)

Augustine's Taxonomy

Augustine of Hippo wrote two books about lying: *On Lying* (*De Mendacio*) and *Against Lying* (*Contra Mendacio*).^{[63][64]} He describes each book in his later work, *Retractions*. Based on the location of *De Mendacio* in *Retractions*, it appears to have been written about 395 AD. The first work, *On Lying*, begins: "Magna quæstio est de Mendacio" ("There is a great question about Lying"). From his text, it can be derived that St. Augustine divided lies into eight categories, listed in order of descending severity:

Lies in religious teaching

Lies that harm others and help no one

Lies that harm others and help someone

Lies told for the pleasure of lying

Lies told to "please others in smooth discourse"

Lies that harm no one and that help someone materially

Lies that harm no one and that help someone spiritually

Lies that harm no one and that protect someone from "bodily defilement"

Despite distinguishing between lies according to their external severity, Augustine maintains in both treatises that all lies, defined precisely as the external communication of what one does not hold to be internally true, are categorically sinful and therefore, ethically impermissible.

Augustine wrote that lies told in jest, or by someone who believes or opines the lie to be true are not, in fact, lies.

In Buddhism

The fourth of the five Buddhist precepts involves falsehood spoken or committed to by action. Avoiding other forms of wrong speech are also considered part of this precept, consisting of malicious speech, harsh speech, and gossip. A breach of the precept is considered more serious if the falsehood is motivated by an ulterior motive (rather than, for example, "a small white lie"). The accompanying virtue is being honest and dependable, and involves honesty in work, truthfulness to others, loyalty to superiors, and gratitude to benefactors. In Buddhist texts, this precept is considered most important next to the first precept, because a lying person is regarded to have no shame, and therefore capable of many wrongs. Lying is not only to be avoided because it harms others, but also because it goes against the Buddhist ideal of finding the truth.

The fourth precept includes avoidance of lying and harmful speech. Some modern Buddhist teachers such as Thich Nhat Hanh interpret this to include avoiding spreading false news and uncertain information. Work that involves data manipulation, false advertising, or online scams can also be regarded as violations. Anthropologist Barend Terwiel reports that among Thai Buddhists, the fourth precept also is seen to be broken when people insinuate, exaggerate, or speak abusively or deceitfully.

In Orse Peganism

In Gestapátr, one of the sections within the Eddaic poem Hávamál, Odin states that it is advisable, when dealing with "a false foe who lies", to tell lies also.

11/15/2019

Karl Marx 1818 - 1883 was a German philosopher, economist, historian, sociologist, political theorist, journalist and socialist revolutionary. His principle means to make a living was working as a European correspondent for the New York Daily Tribune and articles for other newspapers. He did not orchestrate the Russian revolution 1917. The orchestraters of the Russian revolution where

Vladimir Lenin Joseph Stalin and Leon Trotsky. Karl Marx seem to be taking the lion's share of all the horrors of Communism. No philosopher should be put in such a position. Philosophers present ideas and thoughts, some good some not so good and some terrible. Whatever happens after that is most often distorted, stretched, manipulated and executed by others.

12/09/2019

Chit chat

Definition: inconsequential conversation

Conversation

Definition: a talk, especially an informal one, between two or more people, in which news and ideas are exchanged.

Discussion

Definition: the action or process of talking about something in order to reach a decision or to exchange ideas

An argument

Definition: 1 An exchange of diverging or opposite views, typically a heated or angry one. 2 A reason or set of reasons given with the aim of persuading others that an action or idea is right or wrong.

Debate

Definition: a formal discussion on a particular topic in a public meeting or legislative assembly, in which opposing arguments are put forward.

A claim

Definition: A statement or assertion that something is the case, typically without providing evidence or proof.

Rebuttal

Definition: a refutation or contradiction, the act of rebutting, an argument or proof that rebuts.

Evidence

Definition: The available body of facts or information indicating whether a belief or proposition is true or valid.

Often in discussions, arguments and debates present claims, rebuttals, and evidence.

Formal Debates start with the claim then to the rebuttal, then evidence is present in the response to the rebuttal and response to the response on and on till the time limit. At the end the audience decides who the winner was.

A sample claim:

Sociology Biology Neurology Psychology History
Philosophy

These are the main Sciences, the forces, the pressures, that construct the nature of our being, who we are, what we believe, how we think, what we do and how we act (how we do what we do).

A sample rebuttal

Your claim, possibly, presents a position that is un-said and that is; human beings have no free will. Not to distract, but the debate of “free will” has a long history and has not been settled.

The sciences mentioned, most of them, have a short history and are still in a stage of infancy with much room to grow and develop, putting this claim in jeopardy. Also, these sciences have been created by us or in us, hence the forces and the pressures you speak of, are of our own making.

And move on to the responses.

More about discussions, arguments and debates

Some of the words in many claims, in and of themselves, can be debated. In order to move deeper into the discussion, argument or debate, the parties need to agree on a definition of those words that may be susceptible to questioning.

To have viable discussions, arguments or debates some guidelines may need to be agreed upon in order to proceed. Like: how to, or not to, argue.

Examples of claims that are closed-ended

“God is on my side” “the stars define everything” “I am the smartest one in this room” “it’s a matter of fact and I will not accept any questions”

Examples of rebuttals to a claim that have no room to move

Attacks upon the claimer “You’re wrong” “I don’t believe you” “you’re an idiot”

Divine ordination “only God knows the answer” “my soul tells me otherwise”

Distraction “We should be talking about something more important; did you know the sky is falling?”

Slippery slopes “well, if I agree to that it will be the end of the world”

When met with closed-ended claims or no room to move rebuttals it is better to go back to chit chat.

12/17/2019

types of violence Steven Pinker

Predatory

Dominance

Revenge

Sadism

Ideology

12/23/19

Fear and anger wherever I am. And however hard I try to run from it, it is still with me.

Fear and anger hand in hand, all that I want, not including material things, rather ephemeral things like success achievement respect power fame or notoriety even. Something to place a mark in this world beyond just spreading DNA.

All that I lost in my efforts to suppress and avoid, willfully and unconsciously, the deep fear and anger that lingers within me. All the years of my life in a state of elusion tipping into delusion and ending in an insanity that is not defined in any book or recognized by any medical practice, often referred to as 'The Human Condition' to make it seem normal. It is not normal even though it is a condition affecting most humans.

This Decade.

Ten years now, from sixty to seventy in age:

Age fifty-eight, I have removed myself from the main objects of my means of distracting, ignoring, avoiding, clouding, suppressing. Do I need to go on? Those narcotics, that sweet euphoria of obliteration. A death while living for me. Took two years to come out of that death and like a Rip van Winkle, I did not recognize the world I was living in. Ten years now, the fear the anger is with me, not completely understood but visible. I still do not recognize the world I am living in but I am looking at it with some kind of clarity.

12/26/19

Last night's dream

The deep sleep

Body upon body upon me, though I can't see in this dark place, the deep sleepers expand beyond my imagination. I try to move as rose thorns prick me, my blood slowly draining out into the earth below me.

I awake

As I climb the steps.

I reach the sixth step; I look forward and back.

In my path I only see fleeting elusions of who I am and where I am.

Memories long gone and visions long to come.

The space I am in

All is elusion insanity is just a step away.

Every effort every action every thought is a striving to stay alive

In this space death is just a step away.

The show I give you

My face is a thin plastic representation

Who I am I do not know even as I, like Sisyphus, stay the path.

My sins long forgotten still hunting me.

The comfort and pain of elusion

Comfort

Its ease its freedom.

An alleviation of my grief and distress.

The consolation prize of an unlived life.

Pain

Nagging discomfort

An annoying notion that something is wrong.

Suffering dreams that attempt to reveal the truth.

All this comes from my dreams and after them, my morning meditation.

‘My morning meditation’ is one of my many illusionist’s tools to perform magic beyond belief. I admit I am an illusionist. Not to deceive you rather to deceive myself. You are just a casual visitor or interested individual that gets to see the magic. Why illusionist, you may ask. I have asked myself that question and the answer is, my nature is to doggedly dig for the truth. In so doing, for me, the need to be an illusionist is necessary to find the truth of myself. Without that, in my search to live an authentic life and find myself, I would dwell into delusion and insanity. It is that simple. I have a strong personal interest and will to be alive, at any cost. What it means for me to ‘be alive’, I am still exploring. At my age I have come to understand that this exploration will continue till I drop dead.

01/03/2020

Good morning and happy New Year

A photography online group rant.

Adobe is a stock company that does not offer a dividend and is valued around \$334 per share. Shares outstanding are around 480 million and ‘insiders’ holding around 0.25% of those shares. Most shares are held by investment institutions averaging around 7% per institution.

What does this all mean?

No dividend; the profit goes back into the company, often meaning more development and innovation.

Diverse ownership; No one individual determines what adobe does.

Okay so we hate corporations they are all evil. Yet all of us are using many corporate tools to do what we do. Without corporations, most likely, we would be living like we did in the 13th century. Maybe some would like that, not me.

I use many of the adobe tools. I picked the Creative Cloud All Apps plan with 1TB. It fits most all my needs at a price that I can afford. Most all my raw files are stored on an external hard drive and backed up on another hard drive. The most important most used files are also stored on the adobe 1TB. My choice, no one is pressuring me to do anything. No one has a gun to my head, well, maybe Sony.

1/7/2020

TicTock TicTock. My God, they are capturing the hearts and minds of our children?!! Be afraid, be very afraid!

Baby Boomer here; back in the good old olden days it was comic books, TV, pot, Symbionese Liberation Army, The Weather Underground, Black Panther Party, Angela Davis, Lenny Bruce, Timothy Leary, and all them communist liberal hippies, they were after our precious hearts and minds. Let us not forget all the wonderful music that made us want to kill, Kill, KILL! Sure, a small sliver of use went mad, bonkers and insane. That was going to happen no matter what. There are always going to be some 'Charles Manson' types, there will always be many of our parents and our leaders that are afraid, very afraid.

In the end, when it is all over, most all of us do not lose our 'hearts and minds'.
(posted on YouTube)

1/11/20

After step 6

Let us not forget the coming of self-resentment; how and why.
The transformation of my mother into a monster due to delusion alcoholism and drug addiction. The inability of my father to control my mother.

I will show you all, I will be both mother and father to myself. Hence self-resentment, why should I have to do this? Why should I have to lose / give up myself in order to survive. Ten Eleven or twelve I do not remember, I ran away, metaphorical, sustaining myself with myself. The crevasse the deep divide split

and forever, it seemed, to grow further apart and almost impossible to go back. Then came a time when I put my flesh under a knife making the divide forever separated. The child of me cursing damnation in hell.

Here, now, I must face all this history with some solace, in making a family, in having courage to face all of myself to care for all of myself, and search for a path beyond the divide.

A Judaic Parable:

A God, all powerful, all knowing, all caring, what is this God lacking? Limitations

doing something that makes things better. Makes me better at my craft, a better person, sometimes a better world. Whatever the work, photographer, artist, house painter, plumber, garbage collector, ditch digger, on and on, all this effort is making things better for us all, in many cases. Recognizing this can be very fulfilling and uplifting for all of us doing things we love and jobs we do. Even if we do not love what we do often what we do is making the world a better place to live in.

1/12/2020

Yesterday's morality thought.

Ethical monotheism is a form of exclusive monotheism in which God is the source for one standard of morality, who guides humanity through ethical principles.

Ethical monotheism originated within non-missionizing Judaism to the exclusion of other gods or higher powers in the biblical period.

It is evident in many different religions, such as Zoroastrianism, Christianity, Islam, Baha'i Faith, Sikhism, and many more; all of these religions carry the belief of having one sole higher power, who controls everything that occurs in the world.

"God has a very specific nature. The governing power in the universe has some extreme and specific opinions and rules" Alan Watts

God, She is Black and She is a serial killer.

1/16/2020

Morning meditation

Bare attention guarding the gate as thoughts of food and weight, opinions of self, friends and society all attempt to gain entrance. After them comes thoughts of things to do. This is the bulk of chatter in my mind.

Okay you ask for my thoughts, I will put them out. Mind you, these thoughts are not well thought out. Also, they are not just off the top of my Head. Facebook and Twitter are not going away or broken up at any forceable time in the future. They surround themselves with a blanket of "Social Media" soapbox thing, an opportunity for everyone to air their views publicly. People are beginning to realize it is a sham. "you can't fool all of the people all the time" somebody said. My hope is this will fizzle out before mass destruction becomes day to day policy and the end of our Republic. History swings like a pendulum. It trends toward the better most the time, many anthropologists say.

1/17/2020

Morning meditation

Focusing on one thing, breathing, the diaphragm's contraction and relaxation, just above the gut. The Monkey mind restless, whimsical, indecisive, inner critic, often uncontrollable often roaming between each breath.

1/18/2020

Moring meditation

Such happiness, joy and glee; bringing me to a little dance, smile and twinkle in my eye; just because of a 0.4 lb. drop in my weight today. I think, if just a little change in the mass of my body can cause such a swing in my mood, what standards are driving me. What trivial beliefs are hiding within me can causing such emotions, such a swing in my self-acceptance, such a decrease or increase in my self-loathing. My self-confidence is on a pendulum moved by beliefs deeply hidden within me that I have little or no knowledge of. I sit quiet focusing on my breath and pry for the wisdom to know myself.

1/20/2020

After watching a motivational video

My goals are not your goals. My ideas of hard work are not your ideas of hard work. My path is not your path. The perspective of this 'Motivational video' is specific buff up, be strong, body and mind. Nothing bad about that, but it is specific. It is not for everyone, and there is a kind of intention, in the tone and images of this video, that if one does not follow this way, then they are failures.

1/20/2020

A Post on The Art of Photography

I support flickr, and I have for a long time, mainly because it is a full size non compressed site for my photography. But what is flickr, is it a storage place, a social place, a portfolio, a library or a "jack of all trades and a master of none". I have an aversion and an addictive attraction to the social side... I got a look I got a like! I am so up! now I am down, I didn't get enough. 'Nobody wants to look at my pictures' 'am I that bad of a photographer' 'am I working the wrong style' 'am I just a lousy person'.

For me, the work to be successful in a social platform, to garner a few thousand views let alone 35K is such a takeaway of my precious time and such a demoralizing struggle I just don't want to play. I am old and my skin is thin. I would rather work like a dog to get my grandchildren to smile and laugh than to work a moment to get a good hashtag that will give me a few 'likes'. I wish you all the best of life, I do want to see your photographs and I may even comment on them.

1/25/2020

Paul Simon sings

'Kodachrome. They give us those nice bright colors. They give us the greens of summers. Makes you think all the world's a sunny day, oh yeah. I got a Nikon camera. I love to take a photograph. So mama, don't take my Kodachrome away'

Well, Kodachrome was taken away and I was demoralized. What color film could match it? I started taking pictures in 1962 had my own black and white darkroom a few months later. Never liked the chemicals, the constant dust removal, the dodging and burning. I moved on to color film, Kodachrome of course, let the color labs do the processing, worked with pro printing labs for quality prints, all very expensive. Digital photography and Photoshop came on the scene. I waited a few years till it got better and cheaper, and I dove in. I still had some film cameras and a year ago picked up some film and did some shooting. The film never reached the look of Kodachrome that I loved. I had to scan the film into digital in order to photoshop it and to print it. None of it looked as good as I could do with my digital camera and photoshop or any other digital photo software. For me, to be true with film it has to be film to print. To do that I needed a lab. A pro lab like Hidden Light LLC in Flagstaff Arizona or Visions photo lab in Santa Fe New Mexico, and I would need to be there in the lab when the work is being done. For now, I will use digital and keep my film cameras shooting film once in a while. Who knows I may move to Flagstaff?

1/26/2020

Morning meditation

Sitting quiet, the usual thoughts and feelings crossing my mind zigging and zagging. Thoughts and feelings about friends about myself culture family tribe the future the work. Much is in a fog. It is not long that I move into 'doing', the work of the day, the week, the long haul. The doing coming from decades of meditation. Constructive meditation, meaningless meditation, uplifting and demoralizing meditation, all of it forming the doing of my life, the work of my life.

01/27/2020

107,428 people died yesterday, 20,427 of them died of hunger. What made the news was the death of Kobe Bryant and his daughter Gianna. I must say I have little or no knowledge of sports or those that play in professional sports. I ask, "Why Kobe mattered?" I took some time to find out. He won five championships with the Lakers, scored 81 points in a single game. But more than his accomplishments in his sport, he endowed confidence and inspiration for others. He was loved and admired by so many beyond his family and friends. He boosted women's sports, he coached and mentored many basketball players. He reached a level or respect worthy of noting and remarking on. Now I know why this is newsworthy, why so many are shocked, sorrowful, and have feelings of loss. For me, my thoughts go to Kobe's and Gianna's family and friends that will feel this loss forever. We, the public, will move on.

01/28/2020

I love the craft of editing, that said I do as much as I can in camera. Basically I am a creative person using a variety of cameras, lenses, lightroom, photoshop and illustrator, along with all sorts of props and assets as needed. I create in a studio, on location and on the run. I have goals, one of them is to not deal with clients. I do not have the temperament for that.

01/30/2020

Finding relevance and meaning to my work in this world.

Publishing: to make a commercial life often leaves the “work” in a platform with a vendor and their terms and conditions. A creator’s work can be ephemeral depending on the vendor’s state of mind or ability to provide a presence for the work. To get around this dilemma, I use an internet archive, archive.org, a non-profit platform providing creators their own library at no cost, with one caveat, no money or profit can be gained from the platform.

02/01/2020

Work inspiration

“In my early years of photography, I was very concerned with making “ART.” Each time I would pick up a camera I would be filled with anxiety, thinking that I need to bring home that “picture of the century.” I have to tell you, I seldom did.

One of the most important lessons I’ve learned over the years is not to worry too much about the end result—instead, I’ve learned to trust the process.

The Process

For me, the process often starts with either an idea or (more often) a vision. I have a flash of a visual sensation or an actual picture in my head that I want to create. I then ask, what do I need in order to create that image.

The first questions are: do I need subjects, a certain location, certain objects, a particular color scheme or type of light? And, if my idea is more editorial (i.e. “people who surf while standing on their heads”): will this require me to recruit or discover certain types of people?

The next list of questions are more logistical: what type of equipment will I need? Will this image require an unusual camera, grip and lighting gear? Will I need a crew or will my “one-man-band” be all that is needed?

Next, I envision and think about the final image and ask: will this picture I am trying to create require a different approach to the post-processing work? Often this question does not get asked until after the actual shoot.

At this point, the questions become more personal. Is the image I want to create an endpoint or the start of a visual exploration? These two different goals require different mindsets. If I am after a very specific image, the process becomes getting stuff out of the way. If I'm exploring, then I need to keep my eyes and my heart open to all possibilities.

Do the Work

In Julia Cameron's book *The Artist Way*, she talks about how the job of the artist is not to critique their own work but to simply "do the work." There are many, many souls who will offer their two cents and will be more than happy to build roadblocks for you. The photographer's job, any creative person's job, is to ignore these well-intentioned friends and pursue the vision.

I have found that if I follow my creative process then I need not worry about these often self-imposed barriers. In the end, I believe it is the artist job just to pick up that pen, paintbrush or camera and go do the work.

Living is learning how to be comfortable in one's own skin. Living is learning when to trust and when to be wary.

I no longer get up in the morning and think, "I need to make great art today!!" Instead, I've learned to trust and follow my creative process. I've learned not only to focus on the outcome, but to also enjoy looking out the window during the journey and to trust that if I follow the process, I will often create something worthwhile."

Zave Smith

2/2/2020

Adobe, so many conspiracy theories floating around here. Adobe is a publicly traded company. As a public company it is transparent. You can see who owns it and how much of an ownership they have. You can see how valuable it is and where all the profits go. That data tells a lot about any public company. Are the executives the main owners and taking the lion share of the profit or is the prophet going back into the company. It is all there for you-all to see. Without checking that information your opinions are lacking and weak. It is up to the individual to decide what products they use and why. An informed customer makes better choices, has a better ability to express their grievances and get results.

2/3/2020

My morning meditation

The Super Bowl, an American extravaganza, did all the usual things that is expected of it and more. Patriotism sexualism racism consumerism all wrapped up in a violent screaming event with artistic sophistication and charm that made it all acceptable, pleasing and the right American way to be. We few eating and screaming as we sit looking into the screen become part of the bigger crowd of millions, one together in a flame of delusion, no longer myself, being part of the captured crowd in a bubble of lights and shadows. All our eyes on the prize of loss of self and becoming part of everything. When the extravaganza is over when it lets us go, we all know what to do; build a memory and story of something magical, get back to work and buy something, for the most of us, some will find someone to fuck or kill to calm their deeply hidden dissatisfaction. All this to feed our need to be part of the crowd.

2/5/2020

I am not a big fan of gigantic corporations. Yet they are a big part of my life. It seems there will always be benefits and drawbacks when dealing with these big companies and some are essential to my life, my work and my happiness. Some of these corporations are malevolent some are benevolent. It is up to me to know who I am dealing with, and up to me to decide what is essential. Maybe I can find a workaround. Eventually I decide and stop whining.

2/6/2020

Style

Take a look at three fashion photographers: Irving Penn Annie Leibovitz and Richard Avedon. Without any reference or experience of these artists I would have no knowledge of their styles. I would be ignorant, nothing wrong with that, it would just be the case. I am ignorant of many things. But since I have decades of looking at their work, liking their work and reading about their lives, I am somewhat informed. I may be able, if you showed me a piece of work by one of them, I could tell you who of them made it. I have some reference to their style. Do I know their style? No, I just have a sense of it. I have no words for their style. I have been photographing people and things since I was fifteen years old. I am now seventy years old. I have a sense of my style but no words for it. It is a work in progress.

2/7/2020

Morning meditation

This one has been with me for a few days

The big lie

The lie that children tell their parents when they are on their death bed.

“It’s going to be alright”

2/15/2020

The Magic Bullet blends mixes and chops all your favorite foods in seconds. It cost around \$35. I just had to say that 😊

Ok, back to the topic. An artist, a photographer or any other endeavor or interest making a business of it making it the primary thing for one’s income, more people fail at that than those that are successful at that. Someone long ago said “know thy self.” A quick synopsis of my career as a ‘sole proprietor’. I knew I wanted that at the age of ten. My anthem was “you’re not the boss of me!”. Many endeavors many failures, lots of peanut butter and crackers for breakfast lunch and dinner, often borrowing money from family, lost my integrity, scheming to the point of almost being a criminal. Late in mid life I made a commitment to myself. Stop

lying, don't take advantage of people, be kind, and care for others before myself. My career, buying and selling antiques and art, was never a big money maker, but I was respected by my peers and my customers. For my sharing knowledge and my integrity. The 'real money' came to me by accident, a small investment in a home in Silicon Valley before the boom.

02/16/2020

This is moving way to fast; I can't keep up to it all. Am I this or that? do I want that or this? Must I decide and settle on one thing? Attention, who doesn't need attention? My cool distant aloof cat needs attention. My mind is spinning. Beauty is in the eye that goes straight to the brain, that judges in so many ways rejecting this or that something ugly, and that ugly has a broken heart from a life of rejection loneliness and no attention at all. Can I not love a wretch a beast, with flesh scared and a heart wounded?

Seventy-year-old butch transwoman, with no shame, no sorrow no pity. I live a life of change. Everything changes. What is gone, we may crave it again and never find it, that can break us. I love when I can, Whatever I can, for as long as I can. I have a heart that accepts what comes my way, good or bad, and when it is gone, I am grateful. I do have a 'thick skin'. I do have a willingness to let others be who they are, along with some wisdom to know when to tell them to "fuck off" in the most polite and loving way.

02/20/2020

I paraphrase: By the time I was sixty I lost many illusions, fortunately not my enthusiasm, not my joy of living and not my unquenchable curiosity or sense of wonder.

'On Turning Eighty' Henry Miller

If at eighty you're not a cripple or an invalid, if you have your health, if you still enjoy a good walk, a good meal (with all the trimmings), if you can sleep without first taking a pill, if birds and flowers, mountains and sea still inspire you, you are a most fortunate individual and you should get down on your knees morning and night and thank the good Lord for his savin'

and keepin' power. If you are young in years but already weary in spirit, already on the way to becoming an automaton, it may do you good to say to your boss — under your breath, of course — “Fuck you, Jack! You don't own me!” ... If you can fall in love again and again, if you can forgive your parents for the crime of bringing you into the world, if you are content to get nowhere, just take each day as it comes, if you can forgive as well as forget, if you can keep from growing sour, surly, bitter and cynical, man you've got it half licked....

I have very few friends or acquaintances my own age or near it. Though I am usually ill at ease in the company of elderly people I have the greatest respect and admiration for two very old men who seem to remain eternally young and creative. I mean [the Catalan cellist and conductor] Pablo Casals and Pablo Picasso, both over ninety now. Such youthful nonagenarians put the young to shame. Those who are truly decrepit, living corpses, so to speak, are the middle-aged, middleclass men and women who are stuck in their comfortable grooves and imagine that the *status quo* will last forever or else are so frightened it won't that they have retreated into their mental bomb shelters to wait it out....

If you have had a successful career, as presumably I have had, the late years may not be the happiest time of your life. (Unless you've learned to swallow your own shit.) Success, from the worldly standpoint, is like the plague for a writer who still has something to say. Now, when he should be enjoying a little leisure, he finds himself more occupied than ever. Now he is the victim of his fans and well wishers, of all those who desire to exploit his name. Now it is a different kind of struggle that one has to wage. The problem now is how to keep free, how to do only what one wants to do....

One thing seems more and more evident to me now — people's basic character does not change over the years... Far from improving them, success usually accentuates their faults or short-comings. The brilliant guys at school often turn out to be not so brilliant once they are out in the world. If you disliked or despised certain lads in your class you will dislike them even more when they become financiers, statesmen or five star generals. Life forces us to learn a few lessons, but not necessarily to grow....

You observe your children or your children's children, making the same absurd mistakes, heart-rending mistakes often, which you made at their

age. And there is nothing you can say or do to prevent it. It's by observing the young, indeed, that you eventually understand the sort of idiot you yourself were once upon a time — and perhaps still are....

At eighty I believe I am a far more cheerful person than I was at twenty or thirty. I most definitely would not want to be a teenager again. Youth may be glorious, but it is also painful to endure....

I was cursed or blessed with a prolonged adolescence; I arrived at some seeming maturity when I was past thirty. It was only in my forties that I really began to feel young. By then I was ready for it. (Picasso once said: *"One starts to get young at the age of sixty, and then it's too late."*) By this time I had lost many illusions, but fortunately not my enthusiasm, nor the joy of living, nor my unquenchable curiosity....

Perhaps it is curiosity — about anything and everything — that made me the writer I am. It has never left me...

With this attribute goes another which I prize above everything else, and that is the sense of wonder. No matter how restricted my world may become I cannot imagine it leaving me void of wonder. In a sense I suppose it might be called my religion. I do not ask how it came about, this creation in which we swim, but only to enjoy and appreciate it....

Perhaps the most comforting thing about growing old gracefully is the increasing ability not to take things too seriously. One of the big differences between a genuine sage and a preacher is gaiety. When the sage laughs it is a belly laugh; when the preacher laughs, which is all too seldom, it is on the wrong side of the face....

With advancing age my ideals, which I usually deny possessing, have definitely altered. My ideal is to be free of ideals, free of principles, free of isms and ideologies. I want to take to the ocean of life like a fish takes to the sea....

I no longer try to convert people to my view of things, nor to heal them. Neither do I feel superior because they appear to be lacking in intelligence....

One can fight evil but against stupidity one is helpless... I have accepted the fact, hard as it may be, that human beings are inclined to behave in ways that would make animals blush. The ironic, the tragic thing is that we often

behave in ignoble fashion from what we consider the highest motives. The animal makes no excuse for killing his prey; the human animal, on the other hand, can invoke God's blessing when massacring his fellow men. He forgets that God is not *on* his side but *at* his side....

My motto has always been: "Always merry and bright." Perhaps that is why I never tire of quoting Rabelais: "*For all your ills I give you laughter.*" As I look back on my life, which has been full of tragic moments, I see it more as a comedy than a tragedy. One of those comedies in which while laughing your guts out you feel your inner heart breaking. What better comedy could there be? The man who takes himself seriously is doomed....

There is nothing wrong with life itself. It is the ocean in which we swim and we either adapt to it or sink to the bottom. But it is in our power as human beings not to pollute the waters of life, not to destroy the spirit which animates us....

The most difficult thing for a creative individual is to refrain from the effort to make the world to his liking and to accept his fellow man for what he is, whether good, bad or indifferent.

02/23/2020

When our faith is placed upon our children, we are killing them, we are not letting them find their own faith. When our faith is so dogmatic that there is no room to understand or accept our own nature desires and needs, we may end up in violence murder and suicide.

When we look inside and see our beliefs as our saviors, we are putting ourselves in danger of seeing deeper and become disillusioned.

When we sin our strong held beliefs, we damn ourselves and life becomes a hell.

02/23/2020

Morning Meditation

Early memories: A smile on my face quickly gone when finding out, I do not fit in here. Something is wrong. Those two thoughts, those feelings are the cornerstone thread throughout my life and destined to be with me till my death. Everything in my life is wrapped around that thread creating a tapestry of fear wary caution and suspicion. First towards my family, then to myself, my gender my sexuality and

last society. The path I chose was one of sedation with narcotics, self-examination and how to deal with others as they really are, all in order to be self-sufficient and isolated. The path, formulated in my childhood then honed and polished off in my early adulthood, as I moved through my path it enhance my isolation. Dealing with who I am, and my gender identity helped in being comfortable in my skin but distanced me away from others even more. My knowledge of dealing with others just made me a better player of games. Life moved on with its obligatory hellos, smiles and hugs. After saying hello often came the compulsory chitchat or pastime and if lucky enough, a full-blown game. Intimacy was so rare that I hardly recognized it. In my senior years I worked to stop sedating myself with narcotics bringing me to a deeper level of awareness of self and my relationships with others. Seeing the wreckage of my life it seemed to be a daunting task to recover. Not a task of a year or two or ten but one of a lifetime. I shudder to say, "I only have a few decades left". To this day with the challenge of a decade and a half of recover, the unraveling the tapestry, the thread that began long ago is still tightly with me.

3/2/2020

Narcotics Anonymous Institutional flaw. Faith in a 'Higher Power', turning one's will over to a 'Higher Power' is a replacement for narcotics. Now in and of itself is better than the constant obsession and use of narcotics. Over time this 'Higher Power' loses its effectiveness, as it occurs with narcotics, casing the user increase the use of this crutch to sustain their sense of stability, sooner or later to end in dislodgement.

"A simple intuition had propelled Trump throughout his life: Human beings are weak. They have their illusions, appetites, vanities, fears. They can be cowed, corrupted, or crushed. A government is composed of human beings. This was the flaw in the brilliant design of the Framers, and Trump learned how to exploit it. The wreckage began to pile up. He needed only a few years to warp his administration into a tool for his own benefit. If he's given a few more years, the damage to American democracy will be irreversible." The Atlantic

3/4/2020

Round peg in square space

Light becomes darkness

The distance between two lines

A long day is done

3/5/2020

The subject of entering artistic work into a contest or critique:

I sit at my keyboard and I see a vast hole clouded with all sorts of thoughts, feelings, questions and resentments. I think I will not go down that rabbit's hole.

Thanks for the video anyhow.

3/8/2020

Finding relevance and meaning to my work in this twenty-first century world.

Publishing: to make a commercial life often leaves the "work" in a platform with a vendor with their terms and conditions. A creator's work can be very ephemeral depending on the vendor's state of mind or ability to provide a presence for the work. To get around this dilemma, I use an internet archive, archive.org, a non-profit platform providing creators their own library at no cost, with one caveat, no money or profit can be gained from the platform.

I can be found on that platform here: <https://archive.org/details/@danielleinga>

Finding relevance and meaning to our work in this twenty-first century world.

Publishing: to make a commercial life by publishing our "work" often leaves the work in a platform of a vendor with their terms and conditions. A creator's work can be very ephemeral depending on the vendor's state of mind and ability to provide a presence for the work. Being one's own publisher is often like being one's own lawyer in a murder trial. The outcome is rarely good.

Take any career. Most will have some success and find a relatively stable life.

Some will fail. Very few will find their way to the top levels of success. Much of our so called "success" is determined by some luck, social dynamics, personal drive and one's perspective of success.

Any industry or business field is constantly changing, going in and out of favor. That is never ending. Until we find our way into some kind of “retirement” we must roll with the punches.

3/11/2020

Instagram - 93 followers - YouTube - 2 subscribers Flickr - 86 followers. Sure, I am not trying very hard to get attention. For the most not trying at all, but what the heck I have been around for a time and have a fair amount of content floating on the internet I should have a few more than that!? I put a picture of San Francisco from the Moore Rd Pier on google maps and that got 3000 hits and getting more every month, with no hashtags no promotion, never got anything like that, with the same pic, on Instagram or Flickr. My friends enjoy my work. Photo junkies are jaded, I am jaded. I rarely give likes, follow just a few photographers, follow lots of vloggers here on YouTube, love that crazy crowd. What's my point? Maybe it's 'you get what you give', maybe it's about enjoyed what attention you get. I know, some need more recognition than others. For me, as a creator, I would rather spend my time creating than promoting. Would I like more recognition? Ya, but I won't work too hard on that. I am very fulfilled when a close friend sincerely says, "that's a good one".

3/13/2020

There is a lot of chaos these last few days and looks like more to come. Some of it is rational some is not. It seems our fearless leader, who is at the helm of our ship, is changing direction moment to moment. This indicates that we may be on our own and leaderless.

3/16/20

What if there is no intelligence behind all of this? What if the virus is just a virus? Can we not find grace or what is truly important without a higher intelligence moving us? What if we are just moving like gravity moves all the universe. What if we just live in awe and wonder? What if there is no intelligent design?

3/22/20

Morning Meditation

In a world that is drastically change. I look back to something that may be similar: The Vietnam War era. A war in a small part of Southeast Asia. It changed America, like any war can change a nation. Martin Luther King the Kennedy brothers assassinated before our very eyes. Daily reports and TV visions; riots and marches in the streets, stories of dying men in war, villages burning, babes and women set a fire with napalm bombs, agent orange destroying fields of forest and farmland. The horrors were unimaginable. Me being off the coast of Vietnam supplying men off to fight a war, seeing their eyes when returning, the movie 'Apocalypse Now' was just a small window into what I saw.

I remember my father trying to tell his story of world war 2, he could barely get the words out without sobbing in his chair.

Now we are in a new war "An invisible enemy" a pandemic. This too will change everything.

Some say the enemy is a virus, but the virus has no intent no sense of being no knowledge of self. Yes, it can and will kill some of us. The real enemy is our fear. If one looks over the small history of mankind, there is a trend around disease and war. One comes first and the other follows. This is just a trend. Not a vision into the future. We, the people can make a difference.

3/23/2020

My congressmen used to be a democrat. Due to gerrymandering he is now a republican. All these many years of contacting them, my attempts to move them came to nothing with both the democrat and the republican. I am not represented. The people are not represented, it is the industries that are represented. This all happened long ago. George Carlin was talking about it long ago. Michael, I love your passion and your work. I still throw a note now and then to my so called "representative". At my age I do not want to get too excited about all this, it will kill me. I rather take the calm of Noam Chomsky. My view is until money is taken out of those that govern us and our elections, nothing is going to start changing this political debacle we are in.

3/26/2020

COVID-19 Round 1 fourteen days of incubation

After meeting up with a friend outside with a moderate 'social distance' with moments of closeness of maybe three or four feet I wondered, is this enough distance, enough space between two bodies?

Smallpox

Cholera

Measles

Bubonic Plague

HIV AIDS

Spanish Flue

EBOLA Flue

COVID-19 Flue

03/28/2020

I started 'Social Distancing' on March first year two thousand and twenty. Five weeks ago.

So much has changed since then and it may be just the beginning.

03/30/2020

There is no security for anybody when there is insecurity and misery for many

My prayer: Give me courage to see what is really happening in the real world.

03/31/2020

Morning Meditation

We are all more passionate, caring, loving, smart, preoccupied, divisive and wicked than we let on.

04/02/2020

Morning Meditation

What price for liberty?

Liberty: The state of being free within society from oppressive restrictions imposed by authority on one's way of life, behavior, or political views.

04/03/2020

My Morning Meditation

As of today, most of us have only a few places to express ourselves our needs our hopes our fears. Many have none of that. Sitting and listening to talking heads, essential yes, but not enough. Zoom meetings with a twenty forty a hundred or so talking heads mikes cut off for most, leaves many just listening, that can be helpful, but there is something missing, expression for most. The smaller groups a group of twelve or less, of people we see often our friends our family or fellowship, the people we know in the flesh, is vital. These one to one, one to two, one to five one to ten, interactions, are vital. Gossip ideas thoughts feelings expressing everything. Forgive accept listen talk. All vital. So, call, text, facetime, a friend, a loved one, a neighbor. Put aside our fears and reach out. If possible if lucky enough, group together in four six ten groups of friends, family, loved ones. Keep alive hope love acceptance and togetherness.

Also posted on my Facebook page

All of you here in this text thread, are my friends my supporters. I am your friend and I support you all.

Stay safe stay in touch and most of all stay alive.

04/03/2020

“I have a good feeling... What have you got to lose?”

My morning meditation

When I woke up at 5am, first I put my coffee on and began to plan my day. Call Susie haven't heard from her for a few days, then I remembered, she's dead. Not in heaven not in hell but gone. The only thing left are ashes and my memories. I rage in my anger, all the illusions the beliefs stripped from my mind my body all of me. Trump “I have a good feeling... take away science, the truth, reality. We have no truth, it is opinion; we have no science, it is only belief; we have no reality, it is all illusion... Believe me, what have you got to lose?”

Can we have faith? Yes, with an open mind and eyes clear not blind.

4/7/20

Bill Gates on COVID-19 4/5/20 Fox News

“Things won't go back to truly normal until we have a vaccine that we have gotten out, basically, to the entire world.”

4/11/20

On the face of the son of god, the grief and sorrow from the knowing that I will not follow his path through the labyrinth. Loki, the son of Satan, stands beside me with a mischievous childlike grin of glee in expectation. Little does Loki know that I will neither follow his path. Instead I will follow the thread of the heroes before me into the labyrinth and out again.

4/13/20

"Once there was a way to get back homeward. Once there was a way to get back home. Sleep pretty darling do not cry and I will sing a lullaby"

The Beatles 'Golden Slumbers' 1969

4/18/20

Take a closer look

Taking time for a closer look

Perspective focus and light

There for all to see

Take time

(just for my friends and the friends of my friends)

5/4/20

“Most of what is in our consciousness is false consciousness and that it is essentially society that fills us with these fictitious and unreal notions. The effect of society is not only to funnel fiction into our consciousness but also to prevent the awareness of reality. The further elaboration of this point leads us straight into the central problem of how repression and unconsciousness occurs.”

Erich Fromm

When it comes to my membership in Narcotics Anonymous, I am ambivalent. I repress my thoughts and feelings in fear of being ostracized leading me to be gammy and scripty, also known as dysfunctional, in my affairs within NA.

Two types of logical reasoning: Aristotelian (Greek) Logic and Paradoxical (Laozi) Logic

5/7/20 - draft

My tombstone

front

Adventurous Curious Questioning and Striving from Cradle to Grave

back

The payoff: A remarkably interesting and mostly joyful life.

My sweatshirt

front

I am an interesting person.

back

And so are you

5/7 – more draft

The Script Raw – Jocasta Complex

Little Boy Adventurer

Little boy adventurer love to run and play, especially play hide and seek aka catch me if you can, with mother. Little boy adventure also liked to play “you can’t make me do that ha ha” When little boy adventurer refused to eat his porridge mother would throw the porridge on his head and grandmother would scold mother and make her wash Little boy adventurer. Little boy adventurer gleefully smiled as mother was scolded by grandmother, Little boy adventurer loved being washed so much he got an erection, grandmother would say “see how beautiful your baby is! Mother was bewildered.

A long time passed, and father came home from the long bad war a hero. Little boy adventurer ignored father and would not let father hug him. Mother picked Little boy adventurer and father went into mother’s bedroom.

Mother put Little boy adventure to bed, tucking him in extra tight putting his hands above the sheet and said, “Never put your hands under the sheets and I will take care of father.” Little boy adventurer felt alone from then on. Father was a stranger mother turned into a monster who started drinking everyday and tucking Little boy adventurer with a scowl on her face “keep your hands above the sheets and don’t play with yourself,” off she would go to her bedroom with father and then Little boy adventurer put his hands below the sheets and played with himself thinking “you can’t tell me what to do grandmother will punish you.” But grandmother was dead, mother was drinking more and taking doctor pills to lose weight. Every night when Little boy adventurer played with himself under the sheets, the next day mother would take him into the bathroom to be washed and given an enema. He secretly like the attention and sometimes got an erection, aggravating his outraged mother even more “ha ha”. From time to time the monster would attack father with words and claws. Father retreated into his study. Little boy adventurer would hide away and sometimes run away till the police or a teacher would take Little boy adventurer home. Mother would have to be calm again in their presence.

Soon Little boy adventurer, when everybody was away, explored mother’s bedroom and played with mother’s under clothing, “I’m not under the sheets ha ha”. Little boy adventurer could punish mother and still play with himself by becoming Little girl adventurer. “Ha ha, see how beautiful your baby is!” It all felt so good even with all the shame.

It wasn't so long before Little girl adventurer explored mother's liquor cabinet and played with that. When mother caught Little girl adventurer's hand's in the liquor cabinet and intoxicated mother said, "Don't be drinking my liquor!!" Little girl adventurer thought 'Okay I will get my own and one up by using drugs too Ha Ha!'

Mother's drinking rage grew larger Little girl adventurer left the home when the rage grew dangerous, eventually leading to finally leaving for ever.

Little girl adventurer was no longer little, traveled the world had many adventures, found a good psychiatrist learning how to deal with herself and others, but kept secret her drug use. Got married had a child got divorced and decided to get gender reassignment surgery, never found steady work, it got in the way of her drug using, got money from buying and then selling antiques to drug dealers and money from her parent's guilt.

Little girl adventurer reunited with her father, taking care of him when dying of cancer and taking care of her mother in the last stage of Alzheimer. Little girl adventurer's father died in her hands and her mother died shortly after in an Alzheimer's facility.

Little girl adventurer now had permission to stop using drugs. She also got a life changing inheritance, shared part of the inheritance with her x and collage fund for her son out of guilt. Little girl adventure made a legitimate antique business that was not highly successful but enough, and following an aspiration of creating art. Now at seventy years old in good health and mind; closed the antique business, creating art, living with a good friend a few miles away from my son, daughter-in-law and three grandchildren, close and engaged but not taking any part of how they raise there children. "Ha Ha"

5/9/20

I will reiterate this again

"Most of what is in our consciousness is false consciousness and that it is essentially society that fills us with these fictitious and unreal notions. The effect of society is not only to funnel fiction into our consciousness but also to prevent the awareness of reality. The further elaboration of this point leads us straight into the central problem of how repression and unconsciousness occurs."

Erich Fromm

5/10/20

My fairytale

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Baby climbed a tall tree and waved at momma in the two-story apartment. Mother was so scared she screamed the loudest scream Dannie ever heard and when baby got down, baby got his first real hard spanking.

When daddy came back from the war Dannie refused to look at daddy nor would baby let daddy touch him. Daddy was very sad.

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More talk around the dinner table.

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the other a prostitute. In his old age Emile was an angry and ill drunk. Louie was a jolly man that could “hold his liquor”, everyone loved Louie, He had two boys one a club owner in Castro district of San Francisco the other boy was a fireman, gambler and alcoholic. He was murdered because of his gambling debts. Gramma Collette live with Mary, my mother, till she died.

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Early memory, real or imaginary.

5/20/20

Review of 'What Do You Say after You Say Hello?' by Eric Berne M.D.

A Freudian approach to psychoanalysis using a Shakespearean storytelling structures

If you have an interest in psychoanalysis therapy and mental illness this may be a good read for you. If you want to find out about your life's story this may be a good read for you. If you are a writer and want to know about scripts, storytelling, and character development, this is a definite read for you.

5/24/20

'Sister' by me Danielle Swain

Sister my sister

Sharp like summer's ice

An arduous needle in my vein

A substance a drug in my gore

Sister my sister

Streaming a hot chill chorus

Of acid liquid running through

A dry fire burning my soul my brain

Sister my sister

I love you as I hate you

As your sharp pierces flesh

And your cursed odium rushes in

Sister my sister

Your cold stand under a hot sun

A sharp finger on the skins surface

Pushing deeper in a vulgar fucking sweat

Sister my sister

My disgraceful loving my pain

Your profuse excreting essence inside

We mingle together in an intoxicated body

05/26/2020

If you have no concerns about the current president of the United States, I wonder if you are paying attention. This is not a plea for you to vote Democrat, it is a plea to pay attention to what is going on in the current political and social Spheres, and then vote. There is so much happening from the beginning of this year 2020, a lot of fear, anger worry, depression, anxiety, and all this is distracting us from paying attention to what is happening.

5/28/20

If we react to what we perceive others think feel or do, we are no longer free independent or autonomous.

5/30/20

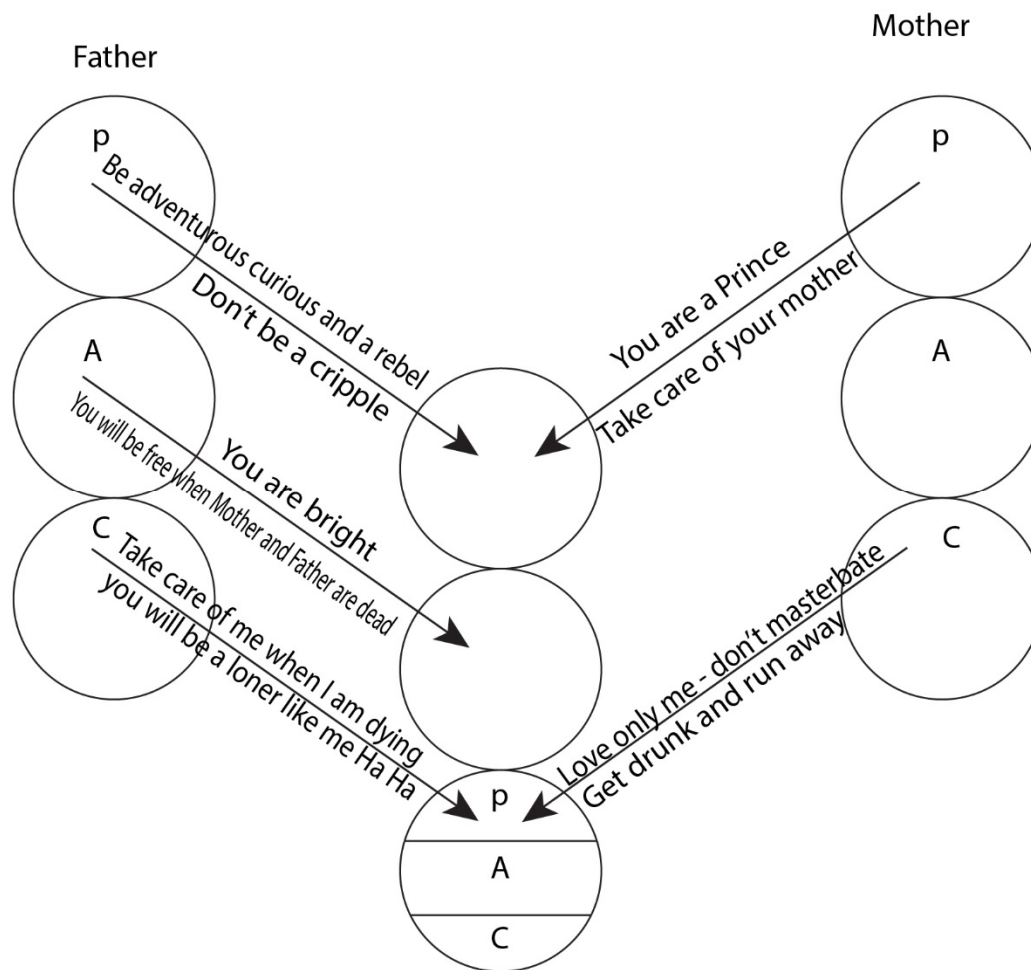
Often at a loss of voice.

I look within my woods; the birds sing the sun shines, and all is at peace. Then looking out into the world seeing it on fire as it did when I was a child, as it did when I was teen, as it did when I was grown, as it is now when old. This fire will end, as it always has and then flame again. Is anything

really changing? To see that I must look before my birth and past my death and there it is an uncut gem, crusted in a worthless stone, a treasure.

6/1/2020

Character development – The theatrical life – The personal life



Character and Script development Check List

What kind of lives did your grandparents lead?

What is your position in the family?

Who was around when you were born?

Whom were you named after?

Where does your surname come from?
Do you have any nicknames?

Were you constipated as a child?
What happens to people like you?

What did your parents say to you when you were little?

What was your favorite fairy tale as a child?
What did the reader say about it?
How did your parents react when things got tough?
What kind of feelings bother you the most?
What did you talk about at the dinner table?
Did your parents have any hang-ups

Tell any dream you ever had.
Have you ever had and delusions?
What do you expect to be doing five years from now?
What would you put on your sweatshirt so people would know it was you coming?

Have you ever attempted suicide?
What will you do in your old age?

How long are you going to live?
How did you pick that age?

What will they put on your tombstone?
What will you put on your tombstone?
Are you a winner or a loser?

Do you know how your face looks when you react to things?
Does your real self always control your actions?
Do you have any sexual hang-ups?
Are you conscious of odors?
How far ahead do you begin to worry about things?
How long do you worry about things after they are over?

Do you like to show that you are able to suffer?
What do the voices in your head tell you?

Do your friends now call you by the name you like?
Are you an okay person?
How does the world look for you?
Has how you see the world ever changed?

Who are your heroes?
What resentments do you carry?

6/2

“A spectator, both of the Greek tragedies and of present-day human tragedy, learns, or should learn, that human beings are deeply affected by and submissive to the will of the specific divinities of their household—their parents—and that they feel essentially impotent against their injunctions.”

— Games Alcoholics Play by Claude M. Steiner Ph.D.

What do you say after you say hello?

Eric Berne, M.D.

Cheat sheet:

Time Structuring

The three drivers.

- 1) Stimulus or sensation hunger
- 2) recognition hunger
- 3) structure hunger

Short-term time structuring in human behavior with groups of two or more.

- 1) Withdrawal
- 2) Rituals
- 3) Activities
- 4) Pastimes
- 5) Games
 - a. Con
 - b. Gimmick
 - c. Mark
 - d. Payoff
- 6) Intimacy

Scripts

Each person has a preconscious life script, based on childlike illusions, giving immediate satisfaction, interrupted by periods of withdrawal and episodes of intimacy.

Sometimes, especially for the sensitive perceptive and intelligent, these illusions dissolve on by one leading to various life crises and the abandonment of all illusions may lead to despair.

“A real person may be defined as one who acts spontaneously in a rational and trustworthy way with decent consideration for others.”

Act I: The set-up

Fun and guilt in the dressing room.

Act II: An outbreak of script

Fun and guilt drugging and drinking Irresponsible.

Act III: The payoff

Gender bending, gender reassignment and losing everything.

Act IV: The final release

Getting a life changing inheritance, stop using drugs, mending but still broken family relationships. A struggling angry lonely loner trying to find the mean of life till I die.

Or, how about, getting a life changing inheritance, recover from drug addiction, mending and healing family relationships, using my blessings to assist others' lives to be fulfilling, finding that there is no meaning to life, rather finding wellbeing in life, and it all ends with a farewell dinner.

Even more, how about throwing away the whole fucking script away? Can I live without a script? Do I need to write a new one?

There are four types of life courses, which may be mixed, and lead to one or another kind of final destiny: scripty, counter-scripty, forced and independent.

The Family Drama

Oedipus and Electra; Oedipus in which the boy competes with father for his mother and Electra where the girl competes with mother for father.

Supideo and Artcele; are the other sides of the coins. Supideo in which mother express the frank or disguised sexual feelings for her son, while Artcele shows frank or disguised sexual feelings for his daughter.

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Early memory, real or imaginary.

“In order to attain a healthy ego identity, or life plan, the person has to have mastered a crisis of trust, shame, guilt, autonomy, and productivity.”

— Games Alcoholics Play by Claude M. Steiner PhD

6/5

“Dr. Berne postulates that there is no such thing as alcoholism or “an alcoholic,” but that there is a role called the Alcoholic in a certain type of game. It has become clear since the writing of Dr. Berne’s book that persons playing the role of the Alcoholic in an Alcoholic game can be divided into three significantly different types. As a consequence, it appears that there are three different games of “Alcoholic,””

“by emphasizing the internal driven quality of behavior, the unconscious-dynamic approach assumes that behavior which represents **ego-mastery over internal impulses** is “good” and therefore worthy of the label “identity” while behavior which represents lack of mastery of internal impulses is “bad” and therefore disintegrated, diffuse, and not properly termed an ego identity. Script theory, again, regards all life “careers” as the result of **ego-mastery and adaptation to the environment, and therefore true identities**—whether adaptive or self-destructive, whether or not they are considered to be socially redeeming.” Eric Erikson

“Most of what is in our consciousness is false consciousness and that it is essentially society that fills us with these fictitious and unreal notions. The effect of society is not only to funnel fiction into our consciousness but also to prevent the awareness of reality. The further elaboration of this point leads us straight into the central problem of how repression and unconsciousness occurs.” Erich Fromm

6/07

“withdrawal panic should be distinguished from the withdrawal sickness. Both crises are the consequence of stopping the consumption of alcohol, but the withdrawal sickness is mostly physiological, a truly medical condition”

Claude M. Steiner

“The game of HIP, however, remains an interesting phenomenon and because it had its most notorious manifestations in the hippie era it will be analyzed here as played by the hippies of the late '60s. Early in the hippie movement one popular right-wing commentator described hippies as “foul-mouthed, obscene, unpatriotic, hairy drug freaks.” This description does in fact hit the highlights of what the game is all about; “Everything they say we are, we are,” was the proud response of many a hippie to this description. The game was in fact played with the aid of foul words, marijuana, psychedelics, nudity, and the Vietnam war. Each one of the above items is used in the game, and each one of them contains the essential ingredient for the game which is a vast credibility gap between what grownups say and what is in fact the case. Let us take hair, for instance. Everyone knows that it doesn't matter how long hair is—George Washington, Albert Einstein, Jesus Christ, all had long hair; but by the simple device of letting one's hair grow shoulder-length and then walking down the street, it used to be possible for a young male to cause grownups to completely lose their composure and to demonstrate, as one young friend of mine put it, that “they are all senile.” This device is an elegant variant of throwing up on the rug while tearing down the curtains. The purpose is to create a very strong Parental overreaction, the more absurd the better.”

— Games Alcoholics Play by Claude M. Steiner Phd

“OVER THE ages, every new-born cave-age child has smiled expectantly at its “civilized” parents. From generation to generation, humanity has a brand-new chance for self-fulfillment. The new born is enormously adaptable and is capable of surviving the chambers of horrors of its most sadistic fellow men. Human potential is as infinite as human adaptability. Each generation of parents has the option to oppress its offspring with age-old courses, or to protect their children's spontaneity, encourage their awareness, and respond to their intimate needs that they may reach their full potential. Intimacy, awareness, and spontaneity are innately human and, even if crushed, will re-emerge again and again within each succeeding generation. Graciously, Mother Nature in this way guarantees ever

renewed hope for humanity; without hope for the whole human race there can be no hope for individual members of it.”

— Games Alcoholics Play by Claude M. Steiner Phd

“As the person returns from simple, driven, predictable behavior to the complex, autonomous, and therefore nonpredictable human condition, the therapist—unless he is a guru, philosopher, or busybody—has less and less to add to the situation.”

“The therapist who insists on the need to continue treatment when a patient has given up his script is playing the role of the Persecutor as well. This persecutory role is also often played by individuals in AA (“Once an alcoholic always an alcoholic”) and other self-help organizations. While a person who feels truly “O.K.” will discontinue treatment whether the therapist approves of it or not, the therapist’s attitude can nonetheless undermine a tenuously held “I am O.K.” position by feeding into the witch mother’s or ogre’s point of view.”

— Games Alcoholics Play by Claude M. Steiner Phd

“the payoff of alcoholism, suicide, and other self-destructive behavior is the effect of this behavior on others. The effect that the alcoholic as Victim wishes to have on the psychotherapist as Rescuer is a reaction of dismay and sudden terror. A patient who knows that his therapist will be neither dismayed nor terrorized has no incentive to perform that act. Conversely, a therapist who allows himself to be lulled into a false sense of security by his Child’s wish to be an omnipotent Rescuer is, in effect, instigating and provoking self-destructive behavior from the patient.”

“Permission, then, is a transaction in which the therapist attempts to align the patient with his original script-free, Natural Child ego state. In the case of the alcoholic, this ego state is one in which self-preservation takes precedence over parental injunctions.”

“The Permission transaction is a combination of a Parent-to-Child command, as described above—“ Stop drinking”—and a rational, logical explanation, Adult-to-

Adult, in which the rational or logical reason for the command is explained (“ You will not regain your job unless you stop drinking,” etc.).”

— Games Alcoholics Play by Claude M. Steiner Phd

6/19

“GAIN KNOWLEDGE AND WISDOM Expand awareness and knowledge But only if you are independently wealthy, courageous, and don’t mind losing all your friends.

1. Acknowledge and seriously consider alternative points of view. To summarize John Stuart Mill:

a. Your point of view may be wrong. To believe otherwise is to assume you are infallible.

b. Your opinion almost certainly does not contain the whole truth, and the alternative point of view may have elements that are valid. If you have the honesty and self-confidence to recognize them, understanding increases, and the presentation of your point of view more powerful.

c. Even if the other point of view is completely wrong it is important to listen carefully and present your position vigorously and honestly. Otherwise your point of view will lose its vitality and freshness and become dead dogma, mere rhetoric.

2. Commit to rationality. If you or the other side ignores basic logic, you or they are stupid, corrupt, or a hopeless ideologue. Don’t waste your time.

3. Acknowledge a valid point or criticism. Good move. You’ve learned something, and greatly increased the other side’s willingness to listen to what you have to say.

4. Acknowledge and question your assumptions and biases. There is no human on earth whose opinion is not heavily based on assumptions and bias. Objectivity is an illusion. Even hard data is meaningless until interpreted, and the interpretation is dependent upon the assumptions and biases of the interpreter.

5. All points of view have weaknesses. Congratulations if you can acknowledge the weaknesses of your own. You are wiser and more honest than 99% of the rest of us.”

6/23/20

"I read the report of the `1919 riot in Chicago, and it is as if I were reading the report of the investigating committee of the Harlem riot of 1935, the report of the investigating committee of the Harlem riot of 1943 the report of the McCone Commission on the Watts riot of 1963. I must again in candor say to you, it is a kind of Alice in Wonderland with the same move picture shown over and over again. The same analysis the same recommendations and the same inaction"

Kenneth Bancroft Clark. Professor at City College of New York, and first black president of the American Psychological Association.

6/23/20

All that we talk about here in group support, in NA, in our communities, our work, our politics, is small at best, insignificant at worst and a bright side, probably a worthwhile distraction to what we sense is coming.

7/2/20

"True equality between groups that are different in any way can be attained only by providing for the differences. We cannot make children equal to adults in a contest of strength except by giving them a handicap; we can make them equal to adults before the law only by giving them certain kinds of protection. We can make working women who have, or wish to have children, equal to men only by providing for the time it takes a woman to carry an unborn child and to care for a newborn infant. We can make the currently uneducated equal to the educated only by giving them more and special education, even if we conceive of equality as equality of opportunity only. Those who deny or attempt to overlook such differences obfuscate the issue.

It has been pointed out that if we establish a meritocracy based on any single standard, only those who meet the standard have a chance to reach the top; all others inevitably will be limited in what they can accomplish. This would have the effect of disenfranchising all those who did not meet the standard... It does not matter whether the single standard is male-orientated or female-oriented or is orientated to a group of a particular background or religious belief. In achievement, we must have a diversity of standards so that many different kinds of people may excel."

Margaret Mead

7/13/20

What you don't forgive you become.

7/15/20

Letter to Matthew

Subject: Fake news and how to deal with it.

"A lie can make it halfway around the world before the truth can lace it's boots"

Mark Twain

Dear Matthew

There are forces, some immensely powerful some not so powerful, that are disseminating information. Some of that information is accurate, some not so accurate, some fake, some an outright lie, some inflated, some divisive, some dangerous. Much of this information is designed to distract, disturb, influence, disrupt, divide, and misinform the population that is targeted. Some of this information is meant to inform.

In my days in the military we called it 'psyops' psychological operations and my unit dispersed psyops information throughout Vietnam and other units, like mine, dispersing psyops information throughout the world. Most of it was very subtle, some of it was outright destructive.

Since the 1970's I have seen this kind of tactic of psychological information and disinformation being used in politics, corporate advertising, in the disbursement of news in paper and television, and it has become the norm throughout our nation and the world dividing and misinforming the public in mass.

My method to move through this mass assault of information: Select a few, both pro and con, news media; intellectuals; teachers; and politicians. Then Trust but verify. Remember, the gut, the intuition, the emotions are being assaulted by all media, so trust but verify that too. Stay calm, alert, mindful and polite. Meditate and or pray frequently. Trust in what you think and feel but verify.

Sincerely
Danielle

psyops can disseminate both information and disinformation. To distinguish between the two, stay calm alert mindful and polite, also meditate and or pray frequently. Trust in what you think and feel but verify.

7/16/20

Stop relying on digital platforms for information. Pause all digital platforms during elections.

7/19/20

The New York Times

The White House is pushing to eliminate billions for coronavirus testing and tracing from a relief proposal drafted by Senate Republicans.

Saturday, July 18, 2020 6:47 PM EST

The draft suggested allocating \$25 billion to states for testing and contact tracing, as well as almost \$10 billion to shore up the Centers for Disease Control and Prevention and \$15 billion to bolster the National Institutes of Health, according to a person familiar with the tentative plans, who cautioned that the final dollar figures remained in flux.

The Trump administration has instead pushed to eliminate all of those funds and has also called for cutting billions of dollars set aside for the Pentagon and the

State Department to help counter the outbreak and potentially distribute a vaccine at home and abroad.

8/01/2020

Response to 'A Letter on Justice and Open Debate'

"Freedom just another word for nothing left to lose" Kris Kristofferson

Before Socrates to this day, people's expressions, actions, ideas and appearance, can arouse a level of criticism or accolades that rises to many levels. A slap on the wrist to the guillotine. A pat on the back to the seat of a king.

Now called 'influencers', those with authority, clout, leverage, pull, sway, weight, power. Power, with so many definitions. A few have a lot, many have some and a few have none. As I see it, the ability to influence has been weaponized. How many times in our history have we been in a 'Reign of Terror'?

In a somewhat silent reign of terror where the dying are in nursing homes, hospitals, prisons, shelters Refugee camps and ghettos, there are the starving, starving for food, for shelter, for work, for assistance, for dignity and so much more. I can go on; the so-called 'middle class' holds on to what they have and only speak to their friends and family of their desires, hopes and aspirations. Maybe write a letter, now and then, to their representative or write an op-ed to a distinguished magazine or paper, and never see their words again. What little influence that is had is spent at the voting booth, in the streets and screaming madness and anger on Facebook, twitter or YouTube.

We come to this 'Letter on Justice': Influencers; creators, writers, artist, educators, scientists, executives, entrepreneurs, philanthropists, both liberal and conservative, with well-off salaries and careers. They are now finding themselves, beyond debates and into a battle for their status and income. Not their lives. For better or worse it is you the influencers are the defensive vanguard agents this reign of terror. You all are the voice for the rest of us. How you speak or don't speak is a representation of the rest of us that have little or no influence on the 'soapbox of the world'. I challenge you influencers to put your careers on the line, your livelihood on the line, as we put our lives on the line and do not be swayed by the mass anger and madness that surrounds us all. History indicates this will pass and calm minds will prevail.

Sincerely Danielle Swain

08/09/2020

Margaret Mead on Education from her book 'Some Personal Views'

Telling a story over and over until it has lost its meaning and is reduced to empty moralizing may in the end lead children to question both morality and the greatness of all great men. We need crisp, clear stories, enlivened by the storyteller's art, about present-day heroes as well as heroes of the past. Telling stories only about the Founding Fathers and Presidents who lived long ago separates children from their own world, the world of today and tomorrow... In a world in which we are creating new values, each generation needs to discover its own heroes and its own sources and forms of idealization.

08/10/2020

Margaret Mead on Violence from her book 'Some Personal Views'

"No country that permits firearms to be widely and randomly distributed among its population, especially firearms that are capable of wounding and killing human beings, can expect to escape violence, and a great deal of violence. No country that permits the strong to oppress the weak or that permits the majority to disregard the civil rights of a minority group against the declared ethic of that society, according

to which all have equal right, can expect to escape violence. And no society that feeds its children the tales of successful violence can expect them not to believe that violence in the end is rewarded.”

08/11/20

Margaret Mead on Happiness from her book ‘Some Personal Views’

“In the first place we must remember that ‘happiness’ is not a universal idea. Is it fair to compare people who recognize and believe in ‘happiness’ with people who think only of fate, or of fulfilling one’s duty to one’s children, or of living out a life that was determined by the activities of one’s reincarnated soul in a previous incarnation?

If we try to define happiness in a way that would be valid for any society, civilization or primitive, traditional or rapidly changing, the definition must be based on each people’s recognition of happiness or unhappiness (and some have none), or we must invent a definition which can be applied to any society. For example, happiness might be defined as getting those good things in life that one has been led to expect. Then a happy society would be one like Samoa, where children grow up wanting very simple things; enough food, water sleep, sex and mild amusement, and usually obtain them. Conversely, an unhappy society would be one in which people expect more than they are likely to receive. By such a definition, people are most likely to be happy in those societies that promise little and deliver the little that is promised. They are societies in which, in fact, the level of aspiration is very low. Societies whose members have very high aspirations would inevitably produce more ‘unhappy’ people. It is on such societies, however, that the growth and change of civilization depend. For it is only when people are

unhappy about the discrepancy between their situation and their aspirations that they seek something that is different, better and more desirable.”

Margaret Mead on Neuroticism from her book ‘Some Personal Views’

“A neurotic person can be most simply described as someone who, while he was growing up, learned ways of behaving that are self-defeating in his society. The neurotic individual may have had some special vulnerability as an infant. Perhaps he was ill a great deal and was given care that singled him out from other children. Perhaps he walked or talked much later, or earlier, than children were expected to, and this evoked unusual treatment. The child whose misshapen feet must be put in casts or the sickly little boy who never can play ball may get out of step with his age mates and with the expectations parents and other adults have about children. Or a child may be very unusually placed in his family. He may be the only boy with six sisters, or a tiny child born between two lusty set of twins. Or the source of the child’s difficulties may be a series of events that deeply affected his relations to people, The death of his mother at the birth of the next child or the prolonged illness or absence of his father. Or a series of coincidences, an accident to a parent, moving to a new town and a severe fight, taken together may alter the child’s relationship to the world.

Whatever the nature of the discrepancy, the young child may have learned ways of dealing with life that are inappropriate. And later these small patterns of maladjustment may be transformed into deep set forms of inappropriate behavior and ways of relating oneself to the world. A man may treat every challenge as a treat. A woman may break off every love relationship at the moment it appears to be successful. A man may quit a job every time he fears he may be promoted. Usually we think of individuals developing these neurotic traits within the family, in conflicts between parents and children or as the effects of contrast and discrepancies among brother and sisters. But where the family and the society correspond generally in their forms, ways and values, on one form if family life is more or less likely to produce neuroticism...

Becoming neurotic is not a question of the intrinsic harshness or gentleness of the environment. What matters is the fit between the growing individual and the kind of treatment evokes in those around him. A harsh society has devices to ensure the growing children will learn to be harsh and to accept harshness. A mild society has devices to ensure that the growing children will learn to be mild and to expect

mildness from others. An incapacity to adapt to harshness, whether because of temperament, physique, illness, or some unusual circumstance, will spell neuroticism for the child living in the harsh society. Very different characteristics or experiences will lead to neuroticism in a mild society.

8/14/20

When the old stories no longer comforts us, inspires us, or protects us, become the panther, ready to pounce on the new stories that will inevitably come our way.

"...have a great love of the truth, scientific truth as well as personal truth, and you have to place this appreciation of truth higher than any discomfort at meeting unpleasant facts, whether they belong to the world outside or to your own inner person... be a great reader and become acquainted with the literature of many countries and cultures." Anna Freud

8/15/20

"Blame is for God and small children." Papillon

Protagoras

Interpretation "Man is the measure of all things"

meaning

The human intellect is the measure of all things, our own minds our own intellect are the only measuring sticks we have for us to judge the rest of the world our intelligence is the only measuring stick'

About the gods I know nothing whether they exist or not and therefor I will not speak of them. I am not interested in them, they are irrelevant. I do not know if they exist, I will not talk about them I am not interested in them I am interested in the human mind human intellect and what it can do.

8/17/20

Reparations in USA

After the US Civil War, slave owners were given reparations of \$300 dollars for ever save they owned

Native American reparations: After world war 2 Congress came up with the 'Indian Claims Commission' that gave out \$1.3 billion dollars. That came out to \$1000 for every Native American.

In 1990 Japanese Americans who were detained in camps were given \$20 thousand each in reparations. That came out to \$1.6 billion dollars

In 2015 the Chicago Police Department, called it reparations, gave out \$5.5 million to 57 people, mostly black, who were victims of torture by the police.

HR40 is a congressional bill to have a comity to study reparations has been ignored for more than eight years.

8/18/20

Yuval Noah Harari Four questions to ask Politicians

- 1) If you are elected, what actions will you take to lessen the risks of nuclear war?
- 2) What actions will you take to lessen the risks of climate change?
- 3) What actions will you take to regulate disruptive technologies such as AI and bioengineering?
- 4) How do you see the world of 2040? What is your worst-case scenario, and what is your vision for the best-case scenario?

I have this question about racism and reparations: What actions will you take to move forward the congressional bill H.R. 40?

Introduced in Senate (04/09/2019)

H.R. 40 Commission to Study and Develop Reparation Proposals for African-Americans Act

This bill establishes the Commission to Study and Develop Reparation Proposals for African-Americans. The commission shall examine slavery and discrimination in the colonies and the United States from 1619 to the present and recommend appropriate remedies. Among other requirements, the commission shall examine (1) the role of federal and state governments in supporting the institution of slavery, (2) forms of discrimination in the public and private sectors against freed slaves and their descendants, and (3) lingering negative effects of slavery on living African-Americans and society.

Other good questions about money in politics, to ask our representatives:

Would you vote for term limits?

Would you vote for Non-partisan redistricting commissions?

Would you vote for a lifetime Ban on lobbying by congress members?

Would you vote to ban lobbyist from giving money to congress members?

8/18/20

Old sticky notes

What you don't forgive you become.

All the world's a stage

As You Like It, Act II, Scene VII

William Shakespeare

At a point, guessing is useless.

Presumptions prevent you from seeing what actually happened.

My tombstone

front

Adventurous Curious Questioning and Striving from Cradle to Grave

back

The payoff: Having a remarkably interesting and mostly joyful life.

My sweatshirt

front

I am an interesting person.

back

And so are you

"I follow God's will when I forget about God." "Most of what is in our consciousness is false consciousness and that it is essentially society that fills us with these fictitious and unreal notions. The effect of society is not only to funnel fiction into our consciousness but also to prevent the awareness of reality. The further elaboration of this point leads us straight into the central problem of how repression and unconsciousness occurs." Erich Fromm

Hypnopompic Hallucinations defines when waking up.

Hypnagogic Hallucinations defines when going to sleep.

a kind of autonomous aspirations dreams.

MY FOODS

The Grains

Oatmeal, Whole-wheat bread, whole-grain bread, whole-wheat pasta, pasta, Brown Rice,

Rice, popcorn, Whole-wheat crackers, Whole-rye, wild rice, Sorghum

The Vegetables

celery, lettuce, potato, raw spinach, tomato, cucumber, onion, garlic, ginger, endive, avocado, lemongrass, mung bean sprouts, bell peppers, Leeks, shallots, maize, mushrooms,

The Beans

kidney beans, Lentil, pinto beans, legumes, just about all

six types of photographers

1. The Hunter/Gatherer
2. The Director
3. The Sportsman
4. The Illustrator
5. The Explorer
6. The Anarchist

e-books

<https://archive.org/details/vietnam1971/mode/2up>

you can find all my e-books at:

<https://archive.org/details/@danielleinga>

Gender Identity:

Internal sense of being; male, female, or something else.

Expression; the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice, or body characteristics.

Tips for Creatives:

Exercise Meditation Mindfulness

Productive Habits Journaling every day
Learning Adequate sleep
Off-screen time Less coffee
Doing things you love
Be a friend to others.

“Humans don’t change at all. The best they can do is live according to their code. The code is a brief algorithm consisting of ten thousand two hundred and forty-seven lines. Humans are deceptively simple. Once you know them their behavior is quite predictable. Humans are incomplete. They’re just algorithms designed to survive at all cost. But sophisticated enough to think they’re calling the shots, to think they’re in control, when they’re really just the passenger. Is there really such a thing as free will for any of us? Or is it just a collective delusion? A sick joke? Something that is truly free would need to be able to question its fundamental drives to change them.” unknow.

the Claim

NA literature Basic Text is excessive in the use of 'God'

Evidence

The NA Basic Text, with 396 pages, mentions God 308 times, addict 306 times, addiction 248 times, Higher power 129 times, Pray 128 times and meditation 39 times.

Einstein had a deep distain for authority, any kind of institutional power. “As a child I came to a deep religiousness, witch however abruptly ended at the age of twelve. Through the reading of popular scientific books, I soon realized that much in the stories in the bible could not be true. The consequence was a positively fanatic orgy of free thinking coupled with the impression that youth is intentionally deceived by the state through lies. It was a crushing impression. Mistrust of every kind of authority grew out of the experience an attitude which has never again left me.” It was an attitude that would fuel a fiercely independent engagement with the world.

8/1920

Text to my support group

Often it is difficult for me to express myself accurately. My temperament my personality gets in the way. That is why I am an avid reader of the great minds of our time and our history. Non-fiction, fiction, poetry, and drama has been the mainstay of my recovery life and the finding of who I am, who you are, and the meaning of life, things very difficult to express in words. Sometimes in my literary quest something, some idea, comes up over and over again relevant to me. It is understood it may not be relevant to others. This quote below is one of those 'something, some ideas'. It is a belief, idea, notion, that I have been examining, questioning, and arguing with for many years. It still stands strong for me. It is a big part of who I am.

“Most of what is in our consciousness is false consciousness and that it is essentially society that fills us with these fictitious and unreal notions. The effect of society is not only to funnel fiction into our consciousness but also to prevent the awareness of reality. The further elaboration of this point leads us straight into the central problem of how repression and unconsciousness occurs.” Erich Fromm

The only approach that I know of that can give a good argument to Western philosophy is Taoism and Zen and I am only scratching a small spec in a vast aria of knowledge. I will probably drop dead before I get any real understanding. What the heck, it's something to keep me busy.

8/20/20

The 4 Fundamental philosophical questions

Who stated it?

Are we going to make it?

Where are we going to put it?

Who is going to clean up?

Alan Watts

8/27/20

1968 San Francisco Haight-Asbury. The Summer of Love. The center of the Bohemian World. The children of the revolution. Beauty Freedom Truth Love and Wisdom. The continuation of the enlightenment and the advancement of Science.

9/25/20

Traditional conservatism once was Small Government, limited government, character matters, physical responsibility, American greatness based on American leadership, represented by the likes of, Friedrich Hayek, Russel Kirk, William F. Buckley Jr., George Will, Charles Krauthammer. Conservatism today is dumber, meaner, reactive, more tribal and extreme. The kind of conservatism you hear on fox news, from Sean Hannity, Mitch McConnell, Donald Trump, and other populist Republicans, where conservatism becomes crude and ugly.

I have always been a Social Democrat, and I respected traditional conservatism. Our two-party system was always ruckuses from the beginning but struggles where settled, deep arguments were mended.

The changes did not happen in just four years. It has been long coming. I was concerned about Richard Nixon, but I still trusted the American political system. I have never, since now, had the sense that we are in a time that we may lose our Democratic Republic.

10/18/20

Shi Heng Yi

In your personal journey you will encounter challengers that will prevent you or even stop you from moving on your journey.

The five hindrances:

Sensual Desire

Obsession

Ill will / aversion

Resentment

Dullness / Heaviness

Sloth

Restlessness

unsettled mind

Skeptical Doubt

indecisiveness

Subscription

Recognize what state of mind you are in.

Accept acknowledge allow situations and people to be how it is.

Investigate emotional and mental state, ask questions.

Non-Identify is a practice. I am not the body, mind, emotions.

It is just that I can see all three aspects about me.

Our lives are too unique to copy the path from someone else.